

PLANNING COURS COLLECTIFS

renforcement - cardio training - chorégraphie
bien-être - entraînement fonctionnel

Lundi

10H30	bodysculpt 45'
12H15	krosstraining 45'
12H30	powerbike 45'
17H45	bodyflow 45'
18H	biking 30'
18H30	aero 45'
19H15	bodypump 45'
19H30	krosstraining 45'

Mardi

9H30	booty & abdos 45'
10H15	stretching 30'
12H30	bodypump 45'
17H45	booty & abdos 45'
18H	Krosstraining 60'
18H30	stretching 30'
18H30	biking 30'
19H	bodycombat 45'
19H	atelier 60'

Mercredi

10H30	pilates 45'
12H15	powerbike 45'
12H30	Krosstraining 45'
17H45	bodyattack 30'
18H15	total booty 30'
18H45	total abdos 30'
18h45	powerbike 45'
19H15	step 45'
19H30	Kross Expert 75'

Jeudi

10H30	bodyflow 45'
12h	low impact fitness 30'
12H30	bodysculpt 45'
17H45	bodycombat 30'
18H30	biking 30'
18H30	TRX 30'
19H	bodypump 30'
19H30	pilates 45'

Vendredi

9H30	bodypump 45'
10H30	mobilité 45'
12H	Krosstraining 30'
12H30	circuit training 45'
18H	circuit training 30'
18H30	bodysculpt 45'
19H15	zumb'ka 45'

Samedi

10H	low impact fitness 30'
10H30	bodyflow 60'
11H30	Krosstraining 60'

Dimanche

9H30	booty & abdos 45'
10H30	powerbike 45'
11H30	Krosstraining 60'