



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

10h
11h



10h
11h

FULL GYM

10h
11h

YOGALATES

10h
11h

GYM DOUCE

11h
11h30

STRETCHING

12h30
13h30

YOGA

12h30
13h

STEP

12h30
13h30

CIRCUIT
TRAINING

12h30
13h30

**BODY
SCULPT**

13h
13h30

C.A.F

17h30
18h15

CARDIO
BOXE

18h
18h30

HIIT
MILITARY

18h
18h30

T.A.F

17h30
18h30

CARDIO
FIT

18h15
19h

C.A.F

18h30
19h

ABDOS
INTENSE

18h30
19h

CROSS
TRAINING

18h30
19h15

TEAM
WORKING

19h
20h

ZUMBA

19h15
20h

POWER
BODY

PLANNING
cours collectifs