

COURS COLLECTIFS A PARTIR DU MARDI 26 MAI !

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|-----------------|---|--------------------------------------|--|--|--|
| LUNDI | 10H-11H CROSSTRaining | | 12H20-13H05 BIKING | 17H45-18H30 C.A.F. | 18H30-19H30 ZUMBA |
| | 9H30-10H30 BODY SCULPT | 10H30-11H STETCHING | | | |
| MARDI | 9H30-10H15 C.A.F. | 10H15-11H BIKING | 12H20-13H20 CROSSTRaining | 17H15-18H BODY SCULPT | 18H-19H ZUMBA |
| | | | | | 18H-19H CROSSTRaining |
| MERCREDI | 10H-11H PILATES | | | 18H15-19H C.A.F. | 19H-19H45 STEP |
| | 10H-11H CROSSTRaining | | | | 19H-20H CROSSTRaining |
| JEUDI | 11h-11h45 STRETCHING | | 12H20-13H05 PILATES | 17H15-18H PILATES | 18H-18H45 BIKING |
| | | | 12H20-13H20 CROSSTRaining | | 18H-19H CROSSTRaining |
| VENDREDI | 9H30-10H15 C.A.F. | 10H15-11H ZUMBA | 12H20-13H05 BIKING | 18H-18H45 POUND | 18H45-19H30 BIKING |
| | 10H-11H CROSSTRaining | | | 18H15-19H15 ZUMBA | |