

Retrouvez votre club FILLES EN FORME Portet-sur-Garonne sur fitness france

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	
9h	<b>PILATES</b> 9h-9h30	<b>CIRCUIT TRAINING FITNESS</b> Julien	<b>RENFORCEMENT MUSCULAIRE</b> 9h-9h30	<b>CIRCUIT TRAINING FITNESS</b> Julien	<b>CIRCUIT TRAINING FITNESS</b> Laurence	
10h	<b>PILATES</b> 9h30-10h		<b>RENFORCEMENT MUSCULAIRE</b> 9h30-10h			
11h	<b>CIRCUIT TRAINING ABDOS/FESSIERS</b> Laurence		<b>CIRCUIT TRAINING FITNESS</b> Julien			
12h						<b>ABDOS/FESSIERS</b> 12h-12h30
13h						<b>ABDOS/FESSIERS</b> 12h30-13h
13h30	<b>CARDIO/PILATES</b> 13h-13h30	<b>PILATES</b> 13h-13h30				
16h	<b>CIRCUIT TRAINING FITNESS</b> Julien	<b>CIRCUIT TRAINING FITNESS</b> Laurence	<b>CIRCUIT TRAINING FITNESS</b> Julien	<b>CIRCUIT TRAINING ABDOS/FESSIERS</b> Julien	<b>CIRCUIT TRAINING FITNESS</b> Julien	
17h			<b>STEP</b> 17h30-18h15		<b>MARCHE ACTIVE</b> 17h30-18h30	
17h30-18h			<b>ABDOS/FESSIERS</b> 18h15-18h45		<b>ABDOS FESSIERS</b> 17h30-18h	
18h-18h30			<b>ZUMBA</b> Xavier 18h30-19h15		<b>ABDOS FESSIERS</b> 18h-18h30	
18h30-19h		<b>STEP</b> 18h30-19h15				
19h30						