**PLANNING GYMSTREET MARSEILLE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|  | 08h-22h | 08h-22h | 08h-22h | 08h-22h | 08h-22h |
| 10h30 | **BODY SCULPT****55 minutes** |  | **CAF/ STRETCHING****45 minutes** |  |  |
| 12h30 | **GYMATTACK****55 minutes** | **METAFIT****45 minutes** | **ogo-Zumba-PT** | **GYMPUMP****55 minutes** | **CROSSFIGHT****55 minutes** |
|   |  |  |  |  |  |
| 17h30 |  |  | **ogo-Zumba-PT** | **CAF****45 minutes** |  |
| 18h00 |  | **CROSSFIGHT****55 minutes** |  |  | **CROSS TRAINING** **55 minutes** |
| 18h15 | **GYMPUMP****55 minutes** |  |  | **BODY BARRE****45 minutes** |  |
| 18h30 |  |  | **CAF****45 minutes** |  |  |
| 1 19h00 |  | **METAFIT****45 minutes** |  | **STRETCHING****30 minutes** |  |
| 19h15 | **GYMCOMBAT****45 minutes** |  |  |  |  |
| 20h00 | **STRETCHING****15 minutes** |  |  |  |  |