



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SABEDI

Cuisses Abdos Fessiers (C.A.F) 09:30 ⌚ 45 min

Cuisses Abdos Fessiers (C.A.F) 10:30 ⌚ 45 min

100% Abdos 12:15 ⌚ 15 min

RPM 12:30 ⌚ 45 min

Bodypump 12:30 ⌚ 45 min

Bodypump 17:30 ⌚ 45 min

RPM 18:00 ⌚ 45 min

Bodycombat 18:30 ⌚ 45 min

Pilates 19:15 ⌚ 45 min

Body Art 09:30 ⌚ 45 min

Bodypump 10:30 ⌚ 45 min

100% Abdos 12:15 ⌚ 15 min

RPM 12:30 ⌚ 45 min

Cross Training 12:30 ⌚ 45 min

Speed Bike 17:30 ⌚ 30 min

Bodyjam 17:30 ⌚ 45 min

RPM 18:15 ⌚ 45 min

Bodyattack 18:30 ⌚ 45 min

Cuisses Abdos Fessiers (C.A.F) 19:15 ⌚ 45 min

BodySculpt 09:15 ⌚ 45 min

Stretching 10:00 ⌚ 45 min

100% Abdos 12:15 ⌚ 15 min

RPM 12:30 ⌚ 45 min

Pilates 12:30 ⌚ 45 min

BodySculpt 17:30 ⌚ 45 min

Stretching 18:15 ⌚ 15 min

RPM 18:15 ⌚ 45 min

BodySculpt 18:30 ⌚ 45 min

Stretching 19:15 ⌚ 15 min

Circuit Training 09:30 ⌚ 60 min

Bike 10:45 ⌚ 45 min

100% Abdos 12:15 ⌚ 15 min

Bodycombat 12:30 ⌚ 45 min

Bodycombat 17:30 ⌚ 45 min

Bodybalance 18:30 ⌚ 45 min

RPM 18:45 ⌚ 45 min

Bodyjam 19:15 ⌚ 45 min

Pilates 09:30 ⌚ 45 min

Pilates 10:30 ⌚ 45 min

100% Abdos 12:15 ⌚ 15 min

RPM 12:30 ⌚ 45 min

Bodypump 12:30 ⌚ 45 min

Circuit Training 16:00 ⌚ 60 min

Speed Bike 17:15 ⌚ 30 min

Bodyattack 17:45 ⌚ 45 min

RPM 18:00 ⌚ 45 min

Stretching 18:45 ⌚ 45 min

BodySculpt 09:15 ⌚ 45 min

RPM 10:00 ⌚ 45 min

Pilates 10:00 ⌚ 45 min

Bodypump 11:00 ⌚ 45 min

RENFO MUSCU

CARDIO

DANSE

MÉTHODE DOUCE

