

PLANNING

Horaires du club
6h/23h 7J/7
semaine : 9h-21h30
samedi : 9h-18h
Dimanche : 9h-13h

Cardio

Renfo Musculaire

Gym Douce

Danse

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

9h30 - 10h15

Body Barre

10h15 - 10h45

Stretching

18h30 - 19h15

Cuisses/Abdos/
Fessiers

18h30 - 19h00

Taille/Abdos

19h00 - 20h00

Zumba

19h15 - 20h00

Full Training

19h00 - 19h45

Full Training

18h30 - 19h15

Body Barre

19h15 - 20h00

Cycling

19h15 - 20h00

Full Training

9h30 - 10h15

Cuisses/Abdos
/Fessiers

10h15 - 10h45

Stretching

18h30 - 19h00

Taille/Abdos

19h00 - 20h00

Zumba

19h00 - 19h45

Full Training

18h30 - 19h15

Full Training

19h30 - 20h30

Yoga

10h00 - 11h00

Full Training

11h00 - 11h30

Taille/Abdos