

Planning Fitness

LIGNE 4 

Lundi

Mardi


Mercredi


Jeudi

Vendredi


Samedi

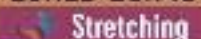
9h30-10h15
 **BODYPUMP**

9h30-10h15
 Switching

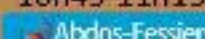
9h30-10h15
 Silhouett+


9h30-10h00
 L.I.A.


10h15-10h45
 Abdos-Fessiers

10h15-10h45
 Stretching

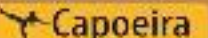
10h00-10h45
 **BODYPUMP**

10h45-11h15
 Abdos-Fessiers


12h15-12h30
 Abdos-Killer


12h15-12h30
 Abdos-Killer

12h30-13h15
 **BODYPUMP**

12h30-13h15
 Capoeira

12h30-13h15
 Abdos-Fessiers

12h30-13h15
 Switching

12h30-13h00
 Tablett+


Pensez-y !

Une serviette
pour toutes les activités

Une bouteille d'eau
pour vous hydrater


Changer de
chaussures

pour vous entraîner dans
le respect des normes
d'hygiène

18h00-18h30
 Abdos-Fessiers


18h00-18h30
 STEP

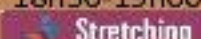
18h00-18h45
 ZUMBA

18h30-19h15
 Silhouett+


18h30-19h15
 **BODYPUMP**


18h45-19h15
 Abdos-Fessiers

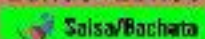
18h30-19h15
 Abdos-Fessiers

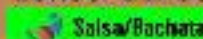
18h30-19h00
 Stretching

19h15-20h00
 ZUMBA
19h30-20h00
 Tablett+

19h15-19h45
 Stretching

19h00-20h00
 Capoeira

20h00-21h00
 Salsa/Bachata

20h00-21h00
 Salsa/Bachata