

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

Inscription & bilan & coaching/suivi plateau

11:30 – 12:00 & 13:45 – 14:00

11:30

Body Barre

12:15 – 13:00

Yoga

12:15 – 13:15

Circuit Training

12:15 – 13:00

HIIT

12:15 – 12:45

CAF

12:15 – 13:00

14:00

Stretching

13:15 – 13:45

100% Abdos

13:15 – 13:45

**Abdos
Fessiers**

13:15 – 13:45

Body Barre

13:00 – 13:45

Full Body

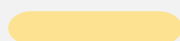
13:15 – 13:45



Intensité supérieure



Intensité modérée



Inscription & bilan & coaching/suivi plateau

17:30 – 18:30 & 19:15 – 20:00

17:30

HIIT

18:30 – 19:15

Body Barre

18:30 – 19:15

Cardio Gym

18:30 – 19:15

CAF

18:30 – 19:15

20:00

Fermé