

HORAIRES DES COURS

COURS COLLECTIFS MIXTES

Lundi 09h15/10h00 Remise en forme
12h30 /13h15 CAF *cuisses abdos*
fessiers
19h30/20h30 Zumba

Mardi 12h30/13h15 Cardio training
18h45/19h30 Renforce_{mt.} Musculaire
19h40/20h25 Pilates

Merc. 12h30/13h15 Abdos'pilates

Jeudi 12h30/13h15 Cardio training
17h25/18h10 Pilates
18h20/19h05 Gym tonique
19h15/20h00 Stretch'pilates

Vend. 12h30/13h15 Streching