

Lundi

09h30 -10h30 Bodysculpt

10h30 – 11h30 Pilates

12h30 – 13h30 CAF (Cuisse Abdo Fessier) Stretching

Mardi

09h30 – 10h30 Étirement tonic

19h15 – 20h15 Piloxing

Jeudi

09h30 – 10h30 Gym tonic

12h30 – 13h30 Gym douce

Vendredi

09h30 – 10h30 Étirement tonic

Samedi

10h00 – 11h00 Gym douce