

PLANNING DES COURS 2018 - 2019

	MATIN					MIDI		SOIR					
LUNDI 8H - 22h	9H30 Fessiers	10H00 BACK WORKOUT	10H30 ABDOS TRAINING 30	11H00	12H15	13H00 TRX Suspension Training		18H00 Abdos Fessiers	18H30 LESMILLS PUMP	19H30 LESMILLS BODYCOMBAT	20H30 ABDOS TRAINING 30	21H00	
MARDI 8H - 22h	9H30 POSTURAL GYM	10H00 TABATA Ultimate Fitness	10H45 STRETCHING Souplesse, Mobilité Récupération	11H15				18H30 CIRCUIT TRAINING	19H15 ABDOS FLASH	19H30 LESMILLS RPM®	20H30 BOXE ANGLAISE	21H30	
MERCREDI 8H - 22h	9H30 FESSIERS ABDOS CUISSSES	10H15 TRX Suspension Training	11H00	12H15	13H00 CIRCUIT TRAINING			18H00 TRX Suspension Training	18H30 ABDOS TRAINING 30	19H00 bodychallenge	20H00 yoga	21H00	
JEUDI 8H - 22h	9H30 Abdos Fessiers	10H00 BODY Sculpt	10H45 STRETCHING Souplesse, Mobilité Récupération	11H30	12H15	13H00 LESMILLS BODYATTACK		18H30 - 19H00 xtreme Bike	18H15 BACK WORKOUT	18H45 LESMILLS PUMP	19H30 TRX Suspension Training®	20H30 LESMILLS RPM®	21H00 GRIT. PUSH YOURSELF TO THE LIMIT
VENDREDI 8H - 22h	9H30 BACK WORKOUT	10H00 Fessiers	10H30 ABDOS TRAINING 30	11H00	12H30	13H00 HIIT HIGH INTENSITY INTERVAL TRAINING		18H30 FESSIERS ABDOS CUISSSES	19H00 LESMILLS BODYCOMBAT	20H00 LESMILLS RPM®	21H00		
SAMEDI 9H - 19H	10H00 LESMILLS PUMP	11H00 ZUMBA	12H00 TRX Suspension Training	12H45	13H45	yoga							
DIMANCHE 9H - 16H	9H45 FESSIERS ABDOS CUISSSES	10H15 LESMILLS PUMP	11H00 bodychallenge	12H00 STRETCHING Souplesse, Mobilité Récupération	12H30								

LUNDI AU VENDREDI 8H/22H
 SAMEDI 9H/19H
 DIMANCHE 9H/16H



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