

PLANNING COURS COLLECTIFS

LUNDI

10h15 - 10h45

TOTAL SILHOUETTE

10h45 - 11h30

STEP 1

MARDI

COURS DE CROSS TRAINING ET BIKING SUR INSCRIPTION

MERCREDI

JEUDI

10h - 10h30

CAF

10h30 - 11h

HIIT

11h - 11h30

BIKING*

VENDREDI

17h45 - 18h30

CAF

17h45 - 18h15

BODYSCLPT

17h45 - 18h30

CAF

18h30 - 19h30

BODY BARRE

18h15 - 19h

CARDIO BOXING

18h15 - 19h

TOTAL SILHOUETTE

18h30 - 19h15

STEP 1

18h - 18h30

BODYSCLPT

19h30 - 20h15

STEP

19h15 - 19h45

HIIT

19h - 19h45

LIA

19h15 - 20h

AERODANCE

18h30 - 19h15

LIA 2

20h15 - 20h45

HIIT

20h - 20h45

STEP 2

19h45 - 20h45

CROSS TRAINING*

20h - 20h45

ZUMBA

19h15 - 19h45

HIIT

20h45 - 21h45

CROSS TRAINING*

19h45 - 20h45

CROSS TRAINING*

20h - 20h45

ZUMBA

INSCRIPTION

- Cross Training
- Biking
- RDV Coach
- Inviter un ami



FITNESS PARK

BLOIS

NOS COACHS

Brice | Julien
Aymeric | Vincent

NE PAS JETER SUR LA VOIE PUBLIQUE

*sur inscription