



PLANNING DE COURS

GIGAFIT
VILLE DU BOIS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9h/10h

GIGA PUMP

CAF

GYM TONIC

GYM DOUCE

10h/11h

GYM DOUCE

STRETCHING

HIIT

CIRCUIT TRAINING

10h - 11h

BOXING

10h - 11h

GIGA PUMP

11h30/12h30

GIGA COMBAT

GIGA PUMP

CIRCUIT TRAINING

CAF

11h - 12h

BOXING

11h - 12h

STEP

12h30/13h30

ABDOS

STEP

CAF

HIIT

18h/19h

ABDOS

GIGA PUMP

CAF

BIKING

19h/20h

BIKING

TOTAL DANCE

STEP

CAF

20h/21h

BOXING

CIRCUIT TRAINING


STRETCHING

GIGA PUMP

GIGA ATTACK

20h/22h

BOXING

 Gigafit La Ville du Bois

 GigafitVDB

 www.gigafit.fr

FRAIS DE DOSSIER OFFERT & PREMIER MOIS À 29,95€ !