

Gym Saône Fitness

NOUVEAU PLANNING !

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
CAF 45' 9H30	PILATES 45' 9H15	BIKING 45' 9H15	CAD 45' 9H15	PILATES 45' 9H15	AF 30' 9H15
POSTURAL BALL 45' 10H15	AF 30' 10H15	GIRL POWER 1H 10H00		AF 30' 10H15	POSTURAL BALL 45' 9H45
	STRETCHING 30' 10h45			STRETCHING 30' 10h45	ZUMBA 1H 10H30
BD BARRE 45' 12H30	PILATES 45' 12H30	ONE TWO HI STEP 45' 12H30	JUMPING 30' 12H30	BD TRAINING 45' 12H30	
PILATES 45' 17H00	POSTURAL BALL 45' 17H00			CARDIO COMBAT 45' 17H00	
BIKING 45' 18H00	CAF 45' 18H00	BD BARRE 45' 18H00	ONE TWO LO STEP 45' 18H00	BD BARRE 45' 18H00	
JUMPING 30' 18H45	BODY MIND 45' 18H45	ONE TWO HI STEP 45' 18H45	STRONG 45' 18H45		
BD BARRE 1H 19H30	BIKING 45' 19H30	POSTURAL BALL 30' 19H30	BIKING 45' 19H30	JUMPING 30' 19H00	
STRETCHING 30' 20H30	AF 30' 20H15	ZUMBA 1H 20H00	AF 30' 20H15		