



COURS FITNESS

PLANNING AVIGNON INTRA MUROS

	10:00 - 10:45	12:30 - 13:30	17:30 - 18:15	18:15 - 19:00	18:15 - 19:00	19:00 - 19:45	19:45 - 20:30
LUNDI	BODY SCULPT	GRIT	STEP	ZUMBA	BIKING	BOXING	GRIT
MARDI	10:30 - 11:15	12:30 - 13:30	17:30 - 18:30	17:45 - 18:30	18:30 - 19:15	19:15 - 20:15	
	FITBALL	FUNCTIONAL TRAINING	YOGA DYNAMIQUE	BIKING	STRONG BY ZUMBA	PUMP	
MERCREDI	10:15 - 11:00	12:30 - 13:15	17:30 - 18:00	18:00 - 18:45	18:45 - 19:30	19:30 - 20:00	
	C.A.F	T.R.X	T.R.X EXPRESS	PUMP	LIFE JUMP	STRECHING	
JEUDI	10:00 - 11:00	12:30 - 13:15	17:30 - 18:15	18:15 - 19:00	19:00 - 19:45	19:00 - 20:00	
	YOGA DYNAMIQUE	CIRCUIT TRAINING	FUNCTIONAL TRAINING	BOXING	BIKING	PILATES	
VENREDI		12:30 - 13:15	17:30 - 18:15	18:15 - 19:00			
		BIKING	GRIT	FIT ATTACK			
SAMEDI	10:30 - 11:15	11:15 - 12:00					
	C.A.F	GRIT					



COURS VIDEO SPRINT / RPM TOUS LES JOURS 6H-23H
COURS DE GRIT CARDIO / GRIT STRENGTH / GRIT PLYO

4 CLUBS EN PROVENCE (MARSEILLE 6, MARSEILLE 7, AVIGNON, AVIGNON LES ANGES)