

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

SMALL GROUP **FITNESS**

SMALL GROUP **FITNESS**

SMALL GROUP **FITNESS**

SMALL GROUP **FITNESS**

SMALL GROUP **FITNESS**

SMALL GROUP **FITNESS**

10H00 30'
CUISSES
ABDOS
FESSIERS

10H00 30'
TONICFIT

10H30 45'
STEP

10H30 30'
KALORY
KILLERS

11H15 30'
STRETCHING

11H00 30'
CUISSES
ABDOS
FESSIERS

12H15 60'
NT
NATURA TRAINING
FUNCTIONAL MOVIE

12H30 45'
TONICFIT

12H30 45'
CUISSES
ABDOS
FESSIERS

15H00 30'
CUISSES
ABDOS
FESSIERS

15H00 60'
CrossBox
FUNCTIONAL TRAINING

PERMANENCE
PLATEAU MUSCU
CARDIO COACHING

15H30 45'
STRETCHING

15H00 30'
CUISSES
ABDOS
FESSIERS

15H30 30'
STRETCHING

15H00 30'
TONICFIT
LIGHT

15H30 30'
STRETCHING

15H00 30'
GYM BALL

15H30 30'
TONICFIT

18H00 60'
CrossBox
FUNCTIONAL TRAINING

17H45 30'
KALORYKILLERS
TRAMPOLINE

18H00 60'
**FIGHT
CLUB**

17H45 30'
GYM BALL

18H15 30'
CUISSES
ABDOS
FESSIER

18H15 30'
FIT DANCE

18H00 60'
NT
NATURA TRAINING
FUNCTIONAL MOVIE

17H45 30'
KALORY
KILLERS

18H15 30'
CUISSES
ABDOS
FESSIERS

18H00 60'
CrossBox
FUNCTIONAL TRAINING

17H45 30'
CUISSES
ABDOS
FESSIERS

18H15 30'
KALORY
KILLERS

18H45 45'
STEP

18H45 45'
TONICFIT

19H00 60'
**RUNNING
CLUB**

18H45 45'
BIKING

19H15 60'
CrossBox
FUNCTIONAL TRAINING

18H45 45'
TONICFIT

17H30 60'
CrossBox
FUNCTIONAL TRAINING

17H45 30'
TONICFIT

19H30 45'
TONICFIT

19H15 60'
CrossBox
FUNCTIONAL TRAINING

19H30 45'
STEP

19H30 30'
GYM BALL

19H30 30'
FIT DANCE

18H30 60'
**MASL
CLUB**

18H15 30'
KALORYKILLERS
TRAMPOLINE

20H15 15'
STRECHING

20H15 15'
ABDOS
FLASH

20H00 30'
KALORYKILLERS
TRAMPOLINE

20H00 30'
CUISSES
ABDOS
FESSIERS

18H45 30'
CUISSES
ABDOS
FESSIERS

19H15 45'
BIKING

PRESENCE COACH

LUNDI 09H30 / 21H00

MARDI 09H30 / 21H00

MERCREDI 09H30 / 21H00

JEUDI 09H30 / 21H00

VENDREDI 09H30 / 20H30

SAMEDI 09H30 / 12H30

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