

HORAIRES

LUNDI AU VENDREDI
8H30 À 21H30

SAMEDI: 10H À 17H
ET DIMANCHE: 10H À 14H

ADRESSE

14 Rue du Général Leclerc
77170 - BRIE-COMTE-ROBERT

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LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H30 - 10H15 CAF	9H30 - 10H ABDOS FESSIERS	9H30 - 11H METABOLIC TRAINING ET PAO BOXING	9H30 - 10H ABDOS GAINAGE	9H30 - 10H15 CAF		
10H15 - 11H BODY BARRE	10H - 11H BOOT CAMP		10H - 10H45 BODY SCULPT	10H15 - 11H CIRCUIT TRAINING	10H15 - 11H15 BODDY BARRE	10H30 - 11H ABDOS FESSIERS
		12H30 - 14H BOXE ANGLAISE	10H45 - 11H STRETCHING		11H15 - 12H15 YOGA	11H - 11H45 BODY SCULPT
12H30 - 13H30 CIRCUIT TRAINING	12H30 - 12H45 ABDOS GAINAGE		12H30 - 13H ZUMBA	12H30 - 13H CIRCUIT FESSIERS CUISSSES	12H15 - 13H STEP	11H45 - 12H30 PILATES
	12H45 - 13H30 BOOT CAMP	18H - 18H30 CIRCUIT TRAINING	13H - 13H30 ABDOS FESSIERS	13H - 13H30 SPECIAL TAILLE		
18H - 18H15 ABDOS GAINAGE		18H30 - 19H STRETCHING				
18H15 - 19H BIKING	18H - 18H30 SPECIAL ABDOS	19H - 19H45 BIKING	17H45 - 18H15 CAF	18H - 18H15 ABDOS GAINAGE		
	18H30 - 18H30 CIRCUIT FESSIERS CUISSSES		18H15 - 19H BODY BARRE	18H15 - 19H STEP		
	19H - 20H STREET CROSS		19H - 19H45 BIKING	19H - 19H45 ZUMBA		
			20H - 21H DJEMBEL	19H45 - 20H STRETCHING		

PLANNING COURS COLLECTIFS