

LUNDI

19h-19h45
CAF (cuisses abdos fessiers)
19h45 - 20h15
HIT 20'

MARDI

8h45-9h45
Gym Tonic (renforcement musculaire)
9h55-10h55
Gym Douce (Pilates)
14h- 15h30 Marche Nordique

19h-19h45
Fit Boxing
19h45-20h15
Body Zen

JEUDI

8h45-9h45
Gym Tonic (renforcement musculaire)
9h55-10h55
Gym Douce (Pilates)


19h-19h45
Body Sculpt
19h45-20h15
Stretching


SAMEDI

9h30 - 10h15
Pilates
10h15- 11h00
Sem paire : Zumba
Sem impaire : Cardio Training


CONTACT

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