

Espace Entraînement Fonctionnel

LUNDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

12:00 / 50min
CROSS
TRAINING

15:30 / 45min
KIDS _ TEENS

17:30 / 50min
CROSS
TRAINING

18:30 / 50min
CROSS
TRAINING

19:30 / 50min
CROSS
TRAINING

17:30 / 50min
CROSS
TRAINING

18:30 / 50min
RENFORCEMENT
Spécial Pole Dance

19:30 / 50min
CROSS
TRAINING

18:00 / 50min
Semaine paire
KETTLEBELL

10:00 / 50min
STRETCHING

11:00 / 50min
CROSS
TRAINING

12:00 / 50min
BODY SCULPT

10:00 / 50min
Semaine impaire
KETTLEBELL



Espace Techniques Douces

MARDI

MERCREDI

JEUDI

12:30 / 50min
YOGA

13:30 / 50min
PILATES

16:30 / 50min
YOGA

17:30 / 50min
PILATES

18:30 / 50min
PILATES PM

19:30 / 50min
YOGA

13:00 / 45min
RELAXATION

16:30 / 50min
PILATES

17:30 / 50min
PILATES PM

10:30 / 50min
PILATES MOBILITE

12:30 / 50min
PILATES PM

13:30 / 50min
YOGA PILATES

16:30 / 50min
PILATES

17:30 / 50min
PILATES PM

18:30 / 50min
YOGA

