

PLANNING COURS COLLECTIFS



LUNDI

18H15-19H
SURPRISE

19H15-20H
CARDIORENFO

MARDI

9H30-10H15
PILATES

10H20-10H50
MOBILITE SOUPLESSE

12H30-13H
HIIT

18H-18H25
CIRCUIT TRAINING

18h30-19H15
ABDOSBALLON

MERCREDI

18H30-19H15
RENFOBARRE

19H30-20H15
BIKE

JEUDI

9H30-10H15
STRETCHING

18H-18H25
FAC

18H30-19H15
STEP

VENDREDI

12H15-13H
ABDOSBALLON

SAMEDI

10H15-11H
BIKE

