

POUR TESTER UN COURS GRATUITEMENT APPELEZ NOUS POUR PRENDRE RENDEZ-VOUS AU 03-44-56-18-62

PLANNING DES COURS

Horaires	lundi	mardi	mercredi	jeudi	vendredi	samedi
9.30-10	FIT SCULT				FIT BALANCE	
10 - 10.30	CIRCUIT TRAINNING	PILOXING 45'	circuit libre	STEP BOXING	CIRCUIT TRAINNING	CIRCUIT TRAINNING
10.30 - 11	STEP BOXING		HIIT	CIRCUIT TRAINNING	ZUMBA	
11 - 11.30	CIRCUIT TRAINNING	FIT SCULT	CIRCUIT TRAINNING	FIT SCULT	CIRCUIT TRAINNING	
11.30 - 12		CIRCUIT TRAINNING	FIT SCULT	CIRCUIT TRAINNING	circuit libre	
12 - 12.30		CIRCUIT TRAINNING	CIRCUIT TRAINNING	CIRCUIT TRAINNING	circuit libre	
12.30 - 13	STEP BOXING	HIIT	CIRCUIT TRAINNING	FIT SCULT	PILOXING 45'	
13 - 13.30	CIRCUIT TRAINNING	CIRCUIT PILATES	circuit libre	TRAMPOLINE		
13.30 - 14	circuit libre	circuit libre		circuit libre	circuit libre	
15-15.30		circuit libre				
15.30-16		CIRCUIT TRAINNING				
16 - 16.30	circuit libre		circuit libre	circuit libre	circuit libre	
16.30 - 17	FIT SCULT	HIIT	CIRCUIT TRAINNING	CIRCUIT TRAINNING	CIRCUIT TRAINNING	
17 - 17.30	CIRCUIT TRAINNING		CIRCUIT TRAINNING	CIRCUIT TRAINNING		
17.30 - 18	SUPER CARDIO		CIRCUIT TRAINNING	STEP BOXING	FIT BALANCE	
18 - 18.30	CIRCUIT TRAINNING	FIT SCULT	CIRCUIT TRAINNING	CIRCUIT TRAINNING	HIIT	
18.30 - 19		CIRCUIT TRAINNING			circuit libre	
19 - 19.30	18h45 à 19h30 PILOXING 45'	PILOXING 45'	18h45 à 19h30 ZUMBA 45'	LIA		
19.30 - 20				SUPER CARDIO		
20-20.30	FIT BALANCE	circuit libre	circuit libre	CIRCUIT TRAINNING		
20.30-21						