



# PLANNING DES COURS

cours assurés à partir de 5 personnes

SALLE FITNESS

SALLE BIKING \*

LUNDI

10H - 10H45



BY NICO

12h30 - 13h15



BY LYDIE

17h30 - 18h15



BY NICO

18h15 - 19h15



BY NICO

19h15 - 20h15



BY XAVIER BASTARD\*

18h15 - 19h00



BY XAVIER BASTARD\*

MARDI

10h15 - 11h



BY NICO

12h30 - 13h15



BY NICO

17h45 - 18h15

FLASH ABDOS

BY NICO

18h15 - 19h15



BY LYDIE

19h15 - 20h15



BY LYDIE

18h45 - 19h30



BY XAVIER BASTARD\*

MERCREDI

10H - 10H45



BY XAVIER BASTARD\*

12h30 - 13h



BY XAVIER BASTARD\*

17h30 - 18h30



BY XAVIER BASTARD\*

18h30 - 19h15



BY XAVIER BASTARD\*

19h15 - 20h15



BY XAVIER BASTARD\*

18h30 - 19h15



BY NICO

JEUDI

12h30 - 13h15



BY NICO

17h30 - 18h



BY XAVIER BASTARD\*

18h - 18h30

FLASH ABDOS

BY NICO

18h30 - 19h15



BY LYDIE

19h15 - 20h15



BY LYDIE

19h15 - 20h



BY NICO

VENREDI

12h30 - 13h15



BY LYDIE

17h30 - 18h15



BY LYDIE

18h15 - 19h



BY LYDIE

19h - 20h



BY LYDIE

EN DEHORS DES COURS COLLECTIFS : COURS MULTIMÉDIA 7 JOURS/7 DE 6H À 23H, À SÉLECTIONNER GRÂCE À UN ÉCRAN TACTILE.

\*Xavier Bastard : champion du monde de boxe thai