



Fullfitness

centre de remise en forme

POWERED BY



Worldwide Fitness Company

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
10:00	GYM	10:00	PILATES	10:00	GYM	10:00	CAF	10:00	POSTURAL BALL	10:15	FULL PUMP	10:15	FULL SCULPT
10:45	CAF	10:45	GYM	10:45	STRETCHING RELAXATION	10:45	PILATES	10:45	CAF	11:00	STEP	11:00	TBC
12:30	FULL SCULPT	12:30	ZUMBA	12:30	CAF	12:30	FULL SCULPT	12:30	GYM TONING	12:00	CIRCUIT TRAINING	11:45	ABDOS STRETCH
13:00	STEP DEBUTANT	13:00	CAF	13:00	PILATES	13:00	ABDOS	13:00	POSTURAL BALL	La direction se réserve le droit de modifier le planning à tout moment.			
13:30		13:30		13:30		13:30		13:30					

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
18:00	FULL PUMP	18:00	PILOXING	18:00	FULL FIGHT	18:00	TBC	18:00	PILATES	OUVERT 7J/7 LUNDI AU VENDREDI 8h00 / 21h30 SAMEDI 10h00 / 19h00 DIMANCHE 10h00 / 18h00 05 61 11 00 00			
18:45	AERO DANCE	18:45	ZUMBA	18:45	FULL ATTACK	18:45	ZUMBA	18:45	RAGGA				
19:30	FULL ATTACK	19:45	STED DEBUTANT	19:30	FULL PUMP	19:45	FULL SCULPT						
20:15	CAF	20:30	ABDOS KILLER	20:15	CIRCUIT TRAINING	20:30	ABDOS KILLER						
21:00		21:00		21:15		21:00							

