**PLANNING GYMSTREET MARSEILLE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|  | 08h-22h | 08h-22h | 08h-22h | 08h-22h | 08h-22h |
| 10h30 | **BODY SCULPT**  **55 minutes** |  | **CAF/ STRETCHING**  **45 minutes** |  |  |
| 12h30 | **GYMATTACK**  **55 minutes** | **METAFIT**  **45 minutes** | **ogo-Zumba-PT** | **GYMPUMP**  **55 minutes** | **CROSSFIGHT**  **55 minutes** |
|  |  |  |  |  |  |
| 17h30 |  |  | **ogo-Zumba-PT** | **CAF**  **45 minutes** |  |
| 18h00 |  | **CROSSFIGHT**  **55 minutes** |  |  | **CROSS TRAINING**  **55 minutes** |
| 18h15 | **GYMPUMP**  **55 minutes** |  |  | **BODY BARRE**  **45 minutes** |  |
| 18h30 |  |  | **CAF**  **45 minutes** |  |  |
| 1  19h00 |  | **METAFIT**  **45 minutes** |  | **STRETCHING**  **30 minutes** |  |
| 19h15 | **GYMCOMBAT**  **45 minutes** |  |  |  |  |
| 20h00 | **STRETCHING**  **15 minutes** |  |  |  |  |