

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30 – 10h30 BODY BARRE	9h30 – 10h15 CUIS. ABD. FESSIERS		9h30 – 10h30 BODY SCULPT	9h30 – 10h15 CUIS. ABD. FESSIERS	10h00 – 10h45 BODY BARRE
10h45 – 11h30 CROSS TRAINING	10h30 – 11h15 PILATES		10h45 – 11h15 STRETCHING	10h30 – 11h15 CROSS TRAINING	11h – 11h30 CUIS. ABD. FESSIERS
12h15 – 13h00 CARDIO ATTACK	12h15 – 13h00 BODY SCULPT		12h15 – 13h00 CUIS. ABD. FESSIERS	12h15 – 13h00 FIT BOXING	11h45 – 12h15 BIKING
18h30 – 19h15 BODY BARRE	18h30 – 19h15 Circuit TRAINING	18h30 – 19h15 BODY BARRE	18h30 – 19h00 ABDOS TAILLE	18h30 – 19h00 ABDOS FESSIERS	
19h30 – 20h15 FIT BOXING	19h15 – 19h45 BODY SCULPT	19h30 – 20h15 FIT BOXING	19h00 – 19h45 BODY SCULPT	19h00 – 19h45 BODY BARRE	
19h00 – 20h00 CROSS TRAINING		19h00 – 20h00 CROSS TRAINING			
20h15 – 20h45 PILATES	20h00 – 20h30 BIKING	20h15 – 20h45 PILATES	20h00 – 21h00 ZUMBA	20h00 – 21h00 ZUMBA	12h15 – 12h45 BODY & MIND

RENFORCEMENT

CARDIO

BIEN-ÊTRE

TOUS LES COURS SONT SUR RÉSERVATION

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