

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30 – 10h15 Body Sculpt	09h30 – 10h30 Circuit minceur	9h30 – 10h15 Fit Boxing	9h30 – 10h30 Body Sculpt	09h30 – 10h20 Cuisses. Abdos Fessiers	9h30 – 10h30 Body Barre
10h20 – 10h50 Abdos Taille		10h20 – 11h00 Cuisses.Abdos Fessiers		10h25 – 11h10 Stretching	10h30– 11h10 Cuisses.Abdos .Fessiers
10h50 – 11h30 Stretching					11h15 – 12h00 Cardio-Attack

Tous les lundis : 12h15-13h00 : initiation musculation(groupe de 4)

18h30 – 19h00 Cuisses. Abdos Fessiers	18h30 – 19h15 Fit Boxing	18h30 – 19h00 Abdos Fessiers	18h00 – 19h00 YOGA	18h30– 19h15 Fit Boxing	Dimanche
19h10 – 20h10 Body Barre	19h20 – 20h10 Body Sculpt renf.cardio	19h00– 19h45 Functional training	19h05 – 19h25 Taille- Fine	19h20 – 20h15 Circuit minceur	10h00 – 10h45 Step Débutant
19h15 – 20h00 Functional training	19h15 – 20h00 Functional training	19h05– 20h00 Body Sculpt	19h30 – 20h30 Body Barre		10h50 – 11h30 Circuit Fit boxing
20h15 – 21h00 Functional training	20h15– 21h00 Functional training	20h00 – 20h45 Step Débutant	19h15– 20h00 Functional training		
20h15 – 21h15 Zumba	20h15 – 21h00 Yoga/stretching		20h15– 21h00 Functional training		
			20h30 – 21h30 Zumba		

Tous les cours sont sur réservation
-www.energieforme.net ou via l'application
ENERGIEFORME FRANCE