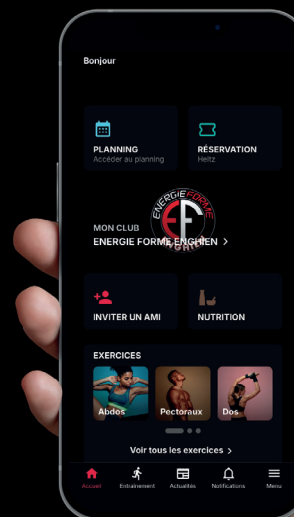




PLANNING COURS COLLECTIFS

ÉNERGIE FORME
ENGHHIEN-LES-BAINS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h30 (45') Body Sculpt 9h15 (45') Lady Forme 10h15 (45') Circuit Cardio 10h15 (30') Stretching 10h00 (45') Lady Forme 11h00 (45') Cuis. Abd. Fessiers 10h45 (90') Yoga 11h00 (60') Blaze 12h15 (45') Body Pump 12h00 (45') Biking 18h15 (45') Fit Boxing 18h30 (45') Cardio Hiit 19h15 (45') Body Pump 19h00 (60') Yoga 19h15 (45') Blaze 20h00 (45') Step	9h20 (60') Body Pump 10h30 (45') Fit Boxing 10h15 (60') Yoga niv. 1 11h15 (45') Pilates 12h15 (60') Lady Forme 18h30 (60') Body Pump 18h15 (45') Biking 19h30 (60') Body Combat 19h15 (45') Lady Forme 19h30 (60') Hyrox 20h00 (45') Lady Forme	9h30 (45') Cuis. Abd. Fessiers 10h15 (45') Stretching 10h15 (45') Lady Forme 11h15 (45') Fit Boxing 12h15 (60') Zumba 18h00 (30') Body Sculpt 18h30 (45') Step 18h30 (60') Cross Boxing 19h15 (60') Zumba 19h00 (60') Lady Forme 20h15 (45') Pilates 19h30 (45') Biking	9h30 (45') Body Combat 9h30 (45') Abd. Fessiers 10h15 (45') Body Sculpt 10h30 (60') Lady Forme 10h15 (45') Cross Training 11h00 (45') Step 11h15 (45') Body Zen 12h00 (45') Blaze 18h30 (30') Abdos Fessiers 18h15 (45') Pilates ballon 18h30 (45') Biking 19h00 (60') Lady Forme 19h15 (45') Yoga 19h15 (60') Cross Training 20h15 (45') Fit Boxing 20h15 (60') Hyrox	9h30 (60') Body Pump 10h45 (45') Circuit Training 11h45 (45') Biking 12h00 (75') Yoga 17h30 (60') Yoga Nidra 18h00 (30') Abdos Fessiers 18h30 (60') Pilates 18h30 (60') Lady Forme 18h30 (60') Cross Training 19h30 (60') Body Sculpt 19h30 (60') Yoga 19h30 (45') Biking
SAMEDI	DIMANCHE			
9h15 (60') Yoga 10h00 (60') Body Pump 11h00 (45') Body Combat 12h00 (60') Culture Physique 12h00 (60') Hyrox 15h30 (60') Zumba 16h30 (60') Pilates	9h30 (45') Cuis. Abd. Fessiers 10h15 (45') Pilates 11h00 (30') Abdos Express 11h45 (45') Culture Physique	Réservation obligatoire sur notre application ou sur notre site internet www.energieforme.net		



espace **lady forme**
énergie box
 grande **salle**
dojo



PLANNING COURS AQUATIQUES

ÉNERGIE FORME
ENGHHIEN-LES-BAINS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15 (30') Aqua Abdos Fessiers	9h45 (45') Abdos Full Body	9h45 (45') Aqua Abdos Fessiers	9h30 (45') Aqua Full Body	10h00 (45') Aqua Full Body	9h15 (30') Aqua Abdos Fessiers
10h00 (45') Aquabiking	10h30 (30') Aqua Tonic	10h45 (45') Aquabiking	10h30 (45') Aqua Tonic	11h00 (30') Aquabiking	10h00 (45') Aquabiking
11h00 (45') Aqua Tonic intensif	11h15 (45') Aquabiking	11h45 (45') Aqua Tonic	11h30 (45') Aquabiking	11h45 (30') Aqua Tonic	11h00 (45') Aqua palmes intensif
12h15 (30') Aquabiking	12h15 (30') Aqua Tonic		12h30 (30') Aquabiking Intensif	12h30 (30') Aquabiking	12h00 (30') Aquabiking
18h15 (30') Aqua Tonic	18h15 (30') Aquabiking	18h30 (30') Aqua Tonic	18h30 (30') Aquabiking intensif	18h00 (30') Aqua Abdos Fessiers	
19h00 (45') Aquabiking	19h00 (30') Aqua Boxing	19h15 (30') Aquabiking	19h15 (30') Aqua Boxing	18h30 (45') Aqua Full Body	
20h00 (45') Aquabiking	19h45 (45') Aquabiking	20h00 (30') Aqua Palmes intensif	20h00 (30') Aqua Palmes intensif	19h30 (30') Aquabiking	

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ou sur notre site internet **www.energieforme.net**

