

PLANNING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h-10h GYM	9h-10h SWISS BALL	9h-10h GYM / STRETCH	9h-10h YOGA	9h-10h GYM	9h30-10h30 GYM
					10h30-11h30 BIKE
12h30-13h30 GYM	12h30-13h30 TRX	12h30-13h30 BIKE	12h30-13h30 BODY BARRE	12h30-13h30 ABDOS FESSIERS	10h30-12h30 CARDIO BOXE (TRAINING ZONE)
		14h-15h30 BOXE 8-14ans (TRAINING ZONE)			
18h30-19h15 TRX	18h30-19h30 YOGA	18h30-19h30 BODY BARRE	18h30-19h GYM INTENSE	18h30-19h30 YOGA	
19h15-19h30 TABLETTES			19h-19h30 TABLETTES		
19h-20h BIKE	18h30-19h30 BIKE	18h30-19h30 BIKE	18h30-19h30 BIKE		
19h30-21h BOXE ANGLAISE (TRAINING ZONE)	19h30-21h BOXE THAI (TRAINING ZONE)	19h30-20h30 TRX	19h30-20h30 YOGA	19h30-21h BOXE THAI (TRAINING ZONE)	

HORAIRES D'OUVERTURE

LUNDI au VENDREDI 7H-21H

SAMEDI 9H-16H

DIMANCHE 9H-13H

