

FITNESS



Intensité supérieure



Intensité modérée



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30	Inscription & bilan & coaching / suivi plateau cardio-musculation 7:30 – 9:00				
09:00					
11:45	Inscription & bilan & coaching/suivi plateau cardio-musculation 11:45 – 14:15				Inscription & bilan 12:00 – 14:00
14:15	Cuisses Abdos Fessiers 12:15 – 13:00	Boxe 12:15 – 13:00	HIIT 12:15 – 13:00	Yoga 12:15 – 13:00	Body Barre 12:15 – 13:00
Sauf Vendredi	Flash Abdos 13:00 – 13:15				
12:00	HIIT 13:15 – 13:45	Stretching 13:15 – 13:45	Abdos-Fessiers 13:15 – 13:45	HIIT 13:15 – 13:45	Circuit Training 13:15 – 13:45
14:00					
17:15	Inscription & bilan & coaching/suivi plateau cardio-musculation 17:15 – 19:15				FERMÉ
19:15	HIIT 17:30 – 18:00	Gym Posturale 17:30 – 18:00	Full body 17:30 – 18:00	Circuit Training 17:30 – 18:00	
Sauf vendredi	Flash Abdos 18:00 – 18:15				
fermé	Body barre 18:15 – 19:00	Circuit Training 18:15 – 19:00	Pilates 18:15 – 19:00	Cuisses Abdos Fessiers 18:15 – 19:00	