

FITNESS

Intensité supérieure



Intensité modérée




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