



Accès libre 7/7

LUNDI AU VENDREDI
08h30 - 21h

SAMEDI
09h - 18h

DIMANCHE
09h- 12h30

Tél :
05 61 59 45 00

LUNDI
8H30 - 21H

9h45 BODY SCULPT
45 mn

12h30 GYM
45 mn

17h30 C.A.F
45 mn

18h00 PREPA PHYSIQUE
1 h

18h15 BODY SCULPT BARRE
45 mn

19h00 FIT DANCE
45 mn

19h00 STEP
45 mn

MARDI
8H30 - 21H

9h45 BODY SCULPT
45 mn

10h30 GYM DOUCE
30 mn

12h30 PILATES
45 mn

17h30 BODY SCULPT
45 mn

18h15 PILATES
45 mn

18h15 CROSS TRAINING
45 mn

19h15 GYM
45 mn

MERCREDI
8h30 - 21H

9h45 PILATES
45 mn

12h15 BODY SCULPT
45 mn

17h30 BODY SCULPT
45 mn

18h15 C.A.F
45 mn

18h15 ZUMBA
45 mn

19h00 FIT BOXING
1 h

JEUDI
8H30 - 21H

9h45 BODY SCULPT
45 mn

10h30 GYM DOUCE
30 mn

12h30 C.A.F
45 mn

17h45 ABDOS FESSIERS
45 mn

18h15 BODY SCULPT BARRE
45 mn

19h00 YOGA
45 mn

VENDREDI
8H30 - 21H

9h45 PILATES
45 mn

12h30 BODY SCULPT
45 mn

17h45 ABDOS FESSIERS
45 mn

18h30 STRETCHING
45 mn

SAMEDI
9H - 18H

10h15 BODY SCULPT
45 mn

11h00 STRETCHING
45 mn

DIMANCHE
9H - 12H30