

PLANNING SAISON 2023-2024

LUN	MAR	MER	JEU	VEN	SAM	DIM
9H30-10H SWISS BALL	9H30-10H30 BODY SCULPT		9H30-10H30 ACTI PUMP	9H30-10H30 GYM DOUCE		10H-11H ACTI COMBAT
10H-10H30 ACTI RING	10H30-11H30 PILATES					11H-12H PILATES
12H30-13H30 FULL BODY		12H30-13H30 HIIT-AF				12H-12H30 STRECH
18H-19H ACTI PUMP	18H-19H C.A.F	18H-19H ACTI PUMP	18H-18H45 BODY SCULPT	18H-18H30 C.A.F	ZA Viargues, 34440, Colombiers Parking gratuit 6H-23h - 7J/7	
19H-20H ZUMBA	19H-20H STEP	19H-20H STRONG	18H45-19H30 BIKE	18H30-19H15 ACTI ATTACK		
19H-20H CROSS TRAINING HIIT	19H-20H CROSS TRAINING	19H-20H CROSS TRAINING HIIT	19H-20H CROSS TRAINING	19H15-20H BIKE		
19H-19H45 BIKE			19H30-20H30 PILATES			