

Planning ONE 2 ONE - Rentrée 2016

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|-------|-----------------------------------|--------------------------------|--------------------------------|--------------------------------|----------------|
| 9h | FIT One | FIT One | FIT One | FIT One | FIT One |
| 10h15 | FIT One | FIT One | FIT One | FIT One | FIT One |
| 11h30 | FIT One | FIT One | FIT One | FIT One | FIT One |
| 12h30 | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training |
| 17h30 | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training |
| 18h40 | Cross Training / FIT Equilibre | Cross Training / FIT Barre | Cross Training / FIT Boot | Cross Training / FIT Core | FIT Yoga |
| 19h45 | Cross Training / FIT Barre | Cross Training / FIT Biking | Cross Training / FIT Biking | Cross Training / FIT Biking | |

Nouveauté
Rentrée 2016

FIT Yoga :
chaque vendredi
découvrez le Strala Yoga
de Tara Stiles

GROUP - CROSS
TRAINING :*

12€ la séance
soit la carte
de 10 séances 120€
valable pour l'ensemble
des cours.

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*FIT GROUP : cours assuré à partir de 3 inscrits, bascule (dans la mesure des places disponibles) vers un CROSS TRAINING en cas d'annulation.