

# PLANNING FITNESS

Cours collectifs - Période scolaire (à partir du 01/07/2023)

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
BODY BALANCE 10:15-11:00	CAF 10:15- 11:00	BODY BALANCE 10:15-11:00	CAF 10:15- 11:00	CIRCUIT TRAINING 10:15-11:00	BODY PUMP 10:15-11:00	BIKING 10:15-11:00
CAF 11:15-11:45	PILATES 11:15-12:00	STRETCHING 11:15-12:00	CIRCUIT TRAINING 11:15-11:45	PILATES 11:15-11:45	BODY BALANCE 11:15-12:00	STRETCHING 11:15-12:00
CIRCUIT TRAINING 12:30-13.15	BODY PUMP 12:30-13:15	BIKING 12:15-12:45	CARDIO COMBAT 12:30-13:15	CROSS TRAINING 12:15-12:45		
	CARDIO COMBAT 13:15-13:45	BOXING 13:00-13:30	PILATES 14:00-15:00	BIKING 13:00-13:30		
BOXING 17:00-17:30	BIKING 17:00-17:30	PILATES 17:00-17:45	CAF 17:00-17:30	BIKING 17:00-17:45		
BIKING 17:45-18:30	BODY BALANCE 17:45-18:30	BODY PUMP 17:45-18:30	BOXING 17:45-18:30	BODY PUMP 17:45-18:30		
CROSS TRAINING 18:45-19:30	BOXING 18:45-19:30	BIKING 18:45-19:30	BODY BALANCE 18:45-19:30	CARDIO COMBAT 18:45-19:30		

HORAIRES ESPACE CARDIO-MUSCU

DU LUNDI AU DIMANCHE :  
10:00 - 20:00