

PROGRAMME ACTIVITÉS FITNESS ADULTES - PÉRIODE SCOLAIRE 2023/2024

LUNDI

10:15 | ⌚ 45 min
Body Balance

11:15 | ⌚ 30 min
Full Abdos

12:30 | ⌚ 45 min
Circuit Training

17:45 | ⌚ 45 min
Biking

18:45 | ⌚ 45 min
Cross Training

MARDI

10:15 | ⌚ 45 min
Body Sculpt

11:15 | ⌚ 45 min
Pilates

12:30 | ⌚ 45 min
Body Pump

17:45 | ⌚ 45 min
Body Balance

18:45 | ⌚ 45 min
Boxing

MERCREDI

10:15 | ⌚ 60 min
Parents-Enfants

12:30 | ⌚ 45 min
Boxing

17:45 | ⌚ 45 min
Body Pump

18:45 | ⌚ 45 min
Biking

JEUDI

10:15 | ⌚ 60 min
Pilates

12:30 | ⌚ 45 min
Cardio Combat

17:45 | ⌚ 45 min
Circuit Training

18:45 | ⌚ 45 min
Body Balance

VENDREDI

10:15 | ⌚ 45 min
Circuit Training

11:15 | ⌚ 30 min
Caf

12:30 | ⌚ 45 min
Cross training

17:45 | ⌚ 45 min
Cardio Combat

18:45 | ⌚ 45 min
Body Pump

SAMEDI

9:15 | ⌚ 45 min
Body Pump

10:15 | ⌚ 45 min
Body Balance

DIMANCHE

9:15 | ⌚ 45 min
Biking

10:15 | ⌚ 45 min
Cross Training



● CARDIO
● RENFORCEMENT MUSCULAIRE