COURS COLLECTIFS

LUNDI

10:00	Stretching	45'
17:45	Body Sculpt	45'
18:30	Aéro Boxe	45'
19:15	Gym Ball [New]	45'

MARDI

10:00	Body Sculpt	45'
11:00	Bike	30'
12:30	Circuit Training	45'
17:45	Bike	45'
18:30	Step	45'
19:15	Tabata	45'

MERCREDI

10:00	Circuit cardio	45'
15:00	Fit Kids	45'
17:45	FAC	45'
18:30	Trampo	45'
19:15	Cross Training	45'

JEUDI

10:00	Cardio Tonic	45'
10:45	Flash Abdos	30'
17:45	Bike	45'
18:30	Circuit Renfo	45'
19:15	Pilates	45'

VENDREDI

10:00	FAC	45'
11:00	Stretching	30'
12:30	Circuit Training	45'
17:45	Pilates	45'
18:30	Body Scult	45'

SAMEDI

10:00	Cardio Tonic	45'
11:00	Body Sculpt	45'

DIMANCHE

10:00	Open Access Training	120'

(Circuits muscu/cardio en accès libre)

STUDIO ZEN

LUNDI

18:00 Prescri'Mouv *

MERCREDI

10:00 Prescri'Mouv

18:00 Prescri'Mouv

JEUDI

18:30 Tai Chi

19:15 Pilates

**dispositif sur ordonnance*