

VOS COURS COLLECTIFS

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|-------|----------------------|-------------------|-----------------|-----------------|----------|-----------------------|
| 10h00 | CAF | CROSS TRAINING | BODY SCULPT | STEP | OXIGENO | |
| 10h45 | STRETCHING | FLASH ABDOS | STRETCHING | FLASH ABDOS | | BODY SCULPT 10H30-11H |
| 12h30 | HIIT | TOP RIDE | FLASH ABDOS | CROSS TRAINING | HYPER C | ZUMBA 11H-12H |
| 17h30 | STEP | UBOUND | STRETCHING | POWER | KIMAX | 1 HEURE |
| 18h20 | BODY BARRE | CAF | BODY SCULPT | STEP TOP RIDE | ZUMBA | 45 MINUTES |
| 19h10 | KIMAX TOP RIDE 19H | ELEVEN TOP RIDE | ZUMBA | FLASH ABDOS | TOP RIDE | 30 MINUTES |
| 19h45 | PILATES | MEGADANZ | FLASH ABDOS 20H | UBOUND 19H30 | | 15 MINUTES |

OUVERT
6H - 23H
7/7J
365J/AN

PRÉSENCE DU COACH

Du Lundi au Vendredi
10H - 12H30
14H - 20H30
Samedi
10H - 12H30

Cours multimédia : 6h-22h