



PLANNING COURS COLLECTIFS à partir de septembre 2019

LUNDI		12:30 FIT TRAINING 30 mins	17:30 YOGA FORCE 30 mins	18:00 50:50 30 mins	18:30 FULL BODY WORKOUT 1 heure	19:30 CARDIO HIIT 30 mins	
MARDI		12:30 CARDIO HIIT 30 mins	17:30 CIRCUIT TRAINING 30 mins	18:00 ABSOLUTION 30 mins	18:30 EXTREME CARDIO 1 heure	19:30 STRETCH 30 mins	
MERCREDI		12:30 FIT TRAINING 30 mins			18:30 POWER LIFT 45 mins	19:30 CARDIO BLAST 30 mins	20:00 CARDIO BLAST 30 mins
JEUDI		12:30 ABSOLUTION 30 mins	17:30 YOGA FORCE 30 mins	18:00 FULL BODY WORKOUT 45 mins	18:45 EXTREME CARDIO 45 mins	19:30 STRETCH 30 mins	
VENDREDI							
SAMEDI	11:30 FIT / BOX 30 mins						

TONIFIER

CARDIO

DÉTENTE

MUSCULATION/CARDIO

MUSCULATION

BELIEVE IT!