

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

10h00 (60') KIRA
Cuisses Abdos Fessiers

10h00 (60') KIRA
Renforcement
Musculaire

10h00 (60') KIRA
Gym Tonic

09h45 (60') ALINE
ZUMBA

18h00 (30') REDA
BUSTE BRAS

18h30 (30') REDA
CUISSSES ABDOS
FESSIERS

18h15 (45') AYMERIC
CUISSSES ABDOS
FESSIERS

19h00 (45') REDA
CROSS TRAINING

18h00 (45') PAKI
BODY BARRE

17h45 (45') STEPHANIE
FULLBODY

17h30 (30') MARIE
BUSTE BRAS

18h00 (60') MARIE
CUISSSES ABDOS
FESSIERS

19h00 (45') AYMERIC
HIIT
(Haute Intensité)

19h45 (45') REDA
STRETCHING

18h45 (45') PAKI
ABDOS FESSIERS

18h30 (45') STEPHANIE
ABDOS FESSIERS
STRETCHING

19h00 (60') MARIE
PILATES

19h45 (45') AYMERIC
CIRCUIT TRAINING

20h30 (90') JABBAR
KRAV MAGA

19h15 (45') PAKI
CROSS TRAINING

19h15 (45') STEPHANIE
ZUMBA

20h00 (90') JABBAR
KRAV MAGA