


# Planning cours collectifs

Lundi		Mardi	Mercredi	Jeudi	Vendredi
C.A.F. 09:15		Bike 09:15	Renfo 09:15	Renfo/Cardio 09:15	Bike 09:00
Stretch 10:00		Abdos Flash 10:00	Stretch 10:00	Cardio Boxing 11:00	Récup. Musculaire 09:45
				Muscu Training 12:00	
Abdos Flash 17:30		Abdos Flash 17:30		HIIT 17:30	
Step 18:15	Bike 18:15	Cardio Boxing 1 18:15	Abdos Flash 18:15	Pump 18:15	Total Pilates 18:15
		Cardio Boxing 2 19:00	Bike 19:00	Zumba 19:30	

 Salle de Cours collectifs

 Plateau Musculation

 Salle de Bike

STEP PUMP  
FITNESS CLUB