

PLANNING DES COURS COLLECTIFS

ANIMÉS PAR DES COACHS

LUNDI

09:15
CAF <small>45'</small>
10:00
STRETCHING <small>30'</small>
11:00
MUSCU TRAINING <small>60'</small>

MARDI

09:15
GYM DOUCE <small>45'</small> BIKING <small>45'</small>
10:15
ABDOS FLASH <small>30'</small>

MERCREDI

09:15
CAF + stretch <small>60'</small>

JEUDI

09:15
BODY CARDIO <small>45'</small>
10:00
STRETCHING <small>30'</small>

VENDREDI

09:15
BIKING <small>45'</small>
10:15
ABDOS FLASH <small>30'</small>



- Inscription obligatoire à chaque cours sur l'application DECIPLUS
- Nous assurons les cours à partir de 3 personnes
- Le planning peut évoluer en cours d'année

17:30
ABDOS FLASH <small>30'</small>
18:15
STEP <small>45'</small>
19:15
STREET JAZZ <small>75'</small> <small>(hors abonnement)</small>

17:30
PUMP <small>30'</small>
18:15
CARDIO BOXING <small>45'</small>
19:15
BIKING <small>45'</small>

17:30
ABDOS FLASH <small>30'</small>
18:15
CROSS T. <small>45'</small> BIKING <small>45'</small>
19:15
CARDIO BOXING <small>45'</small>

18:15
PUMP <small>45'</small>
19:15
ZUMBA <small>45'</small>

17:30
PILATES <small>45'</small>
18:30
CAF + stretch <small>60'</small>