

PLANNING RENTRÉE 2022

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|----------------------------------|---------------------|---------------------|---------------------|-----------------------|----------------|
| 09H30-10H15 | PILATES | FUNCTIONAL TRAINING | CAF | ABDOS FESSIERS | CROSS TRAINING |
| 10h30-11h15 | FUNCTIONAL TRAINING | RENFO DOS | TRX | STRETCHING | BODY BALL |
| 15H15-16H00 | | | MOOVE KIDS | | |
| 16H15-17H | | | CROSS ADOS | | |
| 17h15-18h00 | FIRE BOXE | | BABY MOOVE | FIRE BOXE | STRETCHING |
| 18h15-19h00 | 100% ABDOS | CARDIO BURN | LIA | PILATES | CAF |
| | BIKE | CROSS KIDS | FUNCTIONAL TRAINING | FUNCTIONAL TRAINING | FIRE BOXE ADOS |
| 19h15-20h00 | CROSS TRAINING | BODYSCLPT | HIIT | ZUMBA PARENTS/ENFANTS | STEP DEBUTANT |
| | STEP INTERMEDIAIRE | BIKE | FIRE BOXE | TRX | CROSS TRAINING |
| 20h15-21h00 | ZUMBA | CROSS TRAINING | 100% ABDOS | BIKE | FIRE BOXE |
| | FUNCTIONAL TRAINING | STRETCHING | | CIRCUIT COMBAT | |
| | | | | | SAMEDI |
| 1 BIS Route Nationale 39 à ATTIN | | ZEN | | 10H00-11H00 | MIX TRAINING |
| | | RENFO | | | |
| | | CARDIO | | 11H15-12H00 | CARDIO BURN |
| 03.21.81.11.12 | | DANSE | | 1 SEMAINE SUR 2 | |
| | | KIDS/ADOS | | | |

Du lundi au vendredi de 9h à 21h15
Samedi et dimanche de 9h à 12h30