CAP'ADAPT
Sport, Santé & Bien-Être

Espace Gymnase

OUVERTURE ACCÈS LIBRE
Hors séances

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h00 BOOST TRAINING	09h00 LIGHT TRAINING	09h00 STRETCH & DOS	09h00 RENFO MUSCULAIRE	09h00 BOOST TRAINING	
10h00 LIGHT TRAINING	10h00 APPUIS EQUILIBRE	10h00 BOOST TRAINING	10h00 CUISSES ABDOS FESSIERS	10h00 STRETCH & DOS	10h00 PILATES
11h00 RENFO MUSCULAIRE	11h00 STRETCH & DOS	11h00 CUISSES ABDOS FESSIERS	11h00 APPUIS EQUILIBRE	11h00 TRAINING	11h00 JAYDANCE
12h15 TRAINING	12h15 RENFO MUSCULAIRE	12h15 TRAINING	12h15 TRAINING	12h15 CUISSES ABDOS FESSIERS	
		14h00 RESERVÉ	14h15 RESERVÉ		
17h00 CUISSES ABDOS FESSIERS	17h00 LIGHT TRAINING	17h00 RENFO MUSCULAIRE	17h00 STRETCH & DOS		
18h00 BOOST TRAINING	18h00 TRAINING	18h00 TRAINING	18h00 BOOST TRAINING	18h00 TRAINING	
19h00 RENFO MUSCULAIRE	19h00 BOOST TRAINING	19h00 STRETCH & DOS	19h00 TRAINING	19h00 RESERVÉ	

SPORT SANTÉ SPORT PERFORMANCE SPORT BIEN ÊTRE

STRETCH & DOS ★ | APPUIS EQUILIBRE ★ | LIGHT TRAINING ★ | PILATES ★★ | CUISSES ABDOS FESSIERS ★★ | TRAINING ★★ | RENFO MUSCULAIRE ★★ | JAY DANCE ★ à ★★★ | BOOST TRAINING ★★★