

## LUNDI

## MARDI

## MERCREDI

## JEUDI

## VENDREDI

## SAMEDI

10h00

LIGHT TRAINING

11h00

RENFO MUSCULAIRE

12h15

TRAINING

17h00

CUISSES ABDOS FESSIERS

18h00

BOOST TRAINING RITUEL

19h00

RENFO MUSCULAIRE

11h00

STRETCH & DOS

12h15

RENFO MUSCULAIRE

17h00

LIGHT TRAINING

18h00

TRAINING

19h00

BOOST TRAINING

09h00

STRETCH & DOS

11h00

CUISSES ABDOS FESSIERS

12h15

TRAINING

17h00

RENFO MUSCULAIRE

18h00

TRAINING RITUEL

19h00

STRETCH & DOS

10h00

CUISSES ABDOS FESSIERS

11h00

APPUI EQUILIBRE

12h15

TRAINING

17h00

STRETCH & DOS

18h00

BOOST TRAINING CUISSES ABDOS FESSIERS

19h00

TRAINING

10h00

STRETCH & DOS

11h00

TRAINING

12h15

CUISSES ABDOS FESSIERS

17h00

SEANCE EXPRESS

18h00

TRAINING

19h00

LIGHT TRAINING

10h00

PILATES

11h00

JAYDANCE