

PLANNING

BORDEAUX CHARTRONS

SQUARE GYM
UNITED SPORT CLUB

Lundi

10h30 (45')

PILATES

12h30 (45')

GRIT CARDIO | **TIME'S SQUARE**
CROSS TRAINING

17h00 (30')

ABDOS FLASH

17h45 (45')

STEP | **TIME'S SQUARE**
CROSS TRAINING

18h30 (45')

BODYCOMBAT | **RPM**

19h30 (45')

BODYPUMP | **TIME'S SQUARE**
CROSS TRAINING

Mardi

7h00 (45')

TIME'S SQUARE
CROSS TRAINING

10h30 (45')

CAF

11h30 (45')

TIME'S SQUARE
CROSS TRAINING

12h30 (45')

RPM

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

CAF | **BOXING**

18h30 (45')

BODYATTACK | **FOCUS BOO TY**

19h30 (45')

BODYBALANCE | **RPM**

Mercredi

10h30 (45')

GYM DOUCE

11h30 (45')

RPM

12h30 (45')

BODYATTACK | **TIME'S SQUARE**
CROSS TRAINING

17h00 (45')

BODYPUMP

17h45 (45')

PILATES | **TIME'S SQUARE**
CROSS TRAINING

18h30 (45')

STEP | **TIME'S SQUARE**
CROSS TRAINING

19h30 (45')

BODYCOMBAT | **BOXING**

Jeudi

8h00 (45')

TIME'S SQUARE
CROSS TRAINING

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

11h30 (30')

STRETCHING

12h30 (45')

BODYCOMBAT | **TIME'S SQUARE**
CROSS TRAINING

17h00 (45')

CAF

17h45 (45')

BODYATTACK | **TIME'S SQUARE**
CROSS TRAINING

18h30 (45')

YOGA | **RPM** | **TIME'S SQUARE**
CROSS TRAINING

19h30 (30')

GRIT CARDIO | **FOCUS BOO TY** (45')

Vendredi

10h30 (45')

PILATES

11h30 (45')

CAF

12h30 (45')

YOGA | **TIME'S SQUARE**
CROSS TRAINING

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

BODYPUMP | **RPM**

18h30 (45')

BODYBALANCE | **BOXING**

Samedi

10h30 (45')

BODYPUMP

11h30 (45')

RPM

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

Dimanche

10h00 (45')

TIME'S SQUARE
CROSS TRAINING

11h00 (45')

RPM

 : Cours VIP