

PLANNING D'ÉTÉ

MÉRIGNAC

À partir du 13 juillet 2026



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
					10h00 (45') PILATES* REFORMER
10h30 (45') YOGA		10h30 (45') CAF		10h30 (45') STRETCHING	10h30 (45') TIME'S SQUARE CROSS TRAINING
		11h30 (45') TIME'S SQUARE CROSS TRAINING		11h30 (45') PILATES	
12h30 (45') BODYCOMBAT TIME'S SQUARE CROSS TRAINING	12h30 (45') RPM PILATES* REFORMER	12h30 (45') BODYPUMP	12h30 (45') BODYBALANCE	12h30 (45') PILATES* REFORMER	
17h00 (45') DOS & ABDOS	17h00 (30') ABDOS FLASH	17h00 (30') RPM	17h00 (45') TIME'S SQUARE CROSS TRAINING	17h00 (45') CAF	
17h45 (45') CAF	17h45 (45') TIME'S SQUARE CROSS TRAINING	17h45 (45') BODYBALANCE	17h45 (45') BODYPUMP	17h45 (45') RPM	
18h30 (45') BODYPUMP RPM	18h30 (45') BODYATTACK	18h30 (45') BODYCOMBAT	18h30 (45') PILATES	18h30 (45') TIME'S SQUARE CROSS TRAINING	
19h30 (45') PILATES	19h30 (45') PILATES* REFORMER	19h30 (45') HYROX	19h30 (30') RPM	19h30 (45') PILATES* REFORMER	

* Hors abonnement
Cours VIP