

PLANNING

MÉRIGNAC

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10h30 (45')

YOGA

10h30 (45')

PILATES

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

10h30 (45')

STRETCHING

10h30 (45')

CAF

10h30 (45')

BODYPUMP

11h30 (45')

TIME'S SQUARE
CROSS TRAINING

11h30 (45')

RPM

11h30 (45')

TIME'S SQUARE
CROSS TRAINING

11h30 (45')

PILATES

11h30 (45')

RPM

12h30 (45')

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

12h30 (45')

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

12h30 (45')

BODYATTACK | **FOCUS BOOBY**

12h30 (45')

ALEOP ATHLETIC

12h30 (45')

ALEOP MOBILITY | **TIME'S SQUARE**
CROSS TRAINING

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

ALEOP MOBILITY

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (30')

RPM

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

Dimanche

17h45 (45')

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

17h45 (30') (45')

ALEOP FORCE | **RPM**

17h45 (45')

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

17h45 (45')

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

17h45 (45')

BODYCOMBAT | **RPM**

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

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

18h30 (45')

BODYATTACK | **BOXING**

18h30 (45')

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

18h30 (45') (30') (45')

PILATES | **ALEOP CARDIO** | **RPM**

18h30 (45')

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

19h30 (45')

BODYATTACK | **FOCUS BOOBY**

19h30 (45')

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

19h30 (45') (30')

ZUMBA | **RPM**

19h30 (45')

BODYPUMP | **BOXING**

 : Cours VIP