

# PLANNING

## PÉRIGUEUX BOULAZAC

SQUARE GYM  
UNITED SPORT CLUB

### Lundi

10h30 (60')

**CAF**

12h30 (45')

**RPM**

17h45 (45')

**ZUMBA**

**TIME SQUARE**  
CROSS TRAINING

18h30 (45')

**BODYCOMBAT**

**FOCUS BOOTY**

19h30 (45')

**STEP**

**TIME SQUARE**  
CROSS TRAINING

### Mardi

10h30 (30')

**ABDOS FLASH**

11h00 (30')

**STRETCHING POSTURAL**

12h30

**WOD**



(45')

**CAF**

(30')

17h00 (45')

**TIME SQUARE**  
CROSS TRAINING

17h45 (45')

**ALEOP CARDIO**

**FOCUS BOOTY**

18h30 (45')

**RPM**

**ALEOP FORCE**

19h30

**BOXING**



(45')

**YOGA**

(60')

### Mercredi

7h00 (45')

**TIME SQUARE**  
CROSS TRAINING

10h30 (30')

**STRETCHING**

12h30 (30')

**STEP**

14h00 (45')

**CROSS KIDS**  
KIDS TRAINING (de 4 à 6 ans)

14h45 (45')

**CROSS KIDS**  
KIDS TRAINING (de 7 à 9 ans)

17h45 (45')

**RPM**

**ABDOS FLASH**

18h30

**ZUMBA**

(60')

**TIME SQUARE**  
CROSS TRAINING

(45')

19h30 (45')

**BODYCOMBAT**

**ALEOP FORCE**

### Jeudi

10h30 (30')

**GYM DOUCE**

11h00 (30')

**BODY FIT**

12h30 (45')

**TIME SQUARE**  
CROSS TRAINING

17h00 (30')

**ABDOS FLASH**

17h45 (30')

**ALEOP ATHLETIC**

18h30

**BODYBALANCE**

(60')

**BOXING**



(45')

19h30 (45')

**RPM**

**WOD**



### Vendredi

10h30 (60')

**YOGA**

11h30 (45')

**RPM**

12h30 (45')

**BODYBALANCE**

17h45 (45')

**TIME SQUARE**  
CROSS TRAINING

18h30 (45')

**CAF**

### Samedi

10h00 (45')

**CROSS KIDS**  
KIDS TRAINING (de 4 à 6 ans)

10h45 (45')

**CROSS KIDS**  
KIDS TRAINING (de 7 à 9 ans)

11h30 (45')

**RPM**

12h30 (45')

**TIME SQUARE**  
CROSS TRAINING

: Cours VIP