

PLANNING

PÉRIGUEUX-BOULAZAC

À partir du 20 juillet 2026



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h30(60') CAF	10h30(30') ABDOS FLASH	10h30(45') PILATES REFORMER*	10h30(30') GYM DOUCE	10h30(60') YOGA	10h30(45') CROSS KIDS De 4 à 9 ans
11h30(45') PILATES REFORMER*	11h00(30') STRETCHING POSTURAL		11h00(30') BODY FIT		11h30(45') TIME'S SQUARE CROSS TRAINING
12h30(45') RPM	12h30(45') HYROX*	12h30(45') CAF	12h30(45') TIME'S SQUARE CROSS TRAINING	12h30(45') BODYPUMP PILATES REFORMER*	
	17h00(45') PILATES REFORMER*	14h00(45') CROSS KIDS De 4 à 9 ans	17h00(30') ABDOS FLASH	17h00(45') PILATES REFORMER*	
17h45(45') ZUMBA TIME'S SQUARE CROSS TRAINING	17h45(45') BODYATTACK	17h45(45') STEP	17h45(45') BODYPUMP	17h45(45') TIME'S SQUARE CROSS TRAINING	
18h30(45') BODYCOMBAT	18h30(45') RPM	18h30(60') TIME'S SQUARE CROSS TRAINING (45') ZUMBA	18h30(45') BODYBALANCE	18h30(45') CAF	
19h30(45') PILATES REFORMER* HYROX*	19h30(45') PILATES (60') HYROX*	19h30(45') HYROX*	19h30(45') RPM		

* Hors abonnement

: Cours VIP