

PLANNING

PÉRIGUEUX-BOULAZAC



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h30(60') CAF	10h30(30') ABDOS FLASH 11h00(30') STRETCHING POSTURAL	7h00(45') TIME'S SQUARECROSS TRAINING 10h30(45') PILATES*REFORMER 12h30(45') PILATES*REFORMERCAF 14h00(45') CROSS KIDSDe 4 à 9 ans 17h00(45') PILATES*REFORMER 17h45(45') ZUMBA TIME'S SQUARECROSS TRAINING 18h30(45') BODYCOMBAT TIME'S SQUARECROSS TRAINING 19h30(45') PILATES*REFORMER HYROX	10h30(30') GYM DOUCE 11h00(30') BODY FIT 12h30(45') RPM TIME'S SQUARECROSS TRAINING 17h00(30') ABDOS FLASH 17h45(45') BODYPUMP 18h30(45') BODYBALANCE FOCUS 19h30(45') RPM HYROX	10h30(60') YOGA 11h30(30') STRETCHING POSTURAL 12h30(45') BODYPUMP PILATES*REFORMER 17h30(45') PILATES*REFORMER 17h45(45') TIME'S SQUARECROSS TRAINING 18h30(45') CAF	10h30(45') CROSS KIDSDe 4 à 9 ans 11h30(45') RPM 12h30(45') TIME'S SQUARECROSS TRAINING 17h45(45') TIME'S SQUARECROSS TRAINING

Cours VIP

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Hors abonnement