

PLANNING

SAINT-MÉDARD-EN-JALLES

SQUARE GYM
UNITED SPORT CLUB

Lundi

10h30 (45')

CAF

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

ALEOP MOBILITY

17h45 (45')

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

BODYPUMP

19h30 (45')

RPM

Mardi

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

11h30 (45')

RPM

12h30 (45')

FOCUS BOOBY

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

CAF

18h30 (45')

RPM

19h30 (45')

STEP

Mercredi

10h30 (45')

GYM DOUCE

12h30 (45')

RPM

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

BODYPUMP

18h30 (45')

BODYCOMBAT

19h30 (45')

YOGA

Jeudi

10h30 (45')

PILATES

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (30')

FOCUS BOOBY

17h45 (45')

RPM

18h30 (30')

ALEOP CARDIO

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

Vendredi

12h30 (45')

BODYPUMP

17h00 (45')

RPM

17h45 (45')

ALEOP MOBILITY

18h30 (45')

TIME'S SQUARE
CROSS TRAINING

19h30 (30')

ABDOS FLASH

Samedi

10h30 (45')

BODYPUMP

11h30 (45')

RPM

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

 : Cours VIP