

PLANNING

SAINT MÉDARD EN JALLES



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h30 (45') CAF	10h30 (45') PILATES	10h30 (45') YOGA	10h30 (45') BODYPUMP		10h30 (45') BODYPUMP
11h30 (45') STRETCHING	11h30 (45') TIME'S SQUARE CROSS TRAINING		11h30 (30') DOS & ABDOS		11h30 (45') RPM
12h30 (45') HYROX	12h30 (45') BODYCOMBAT	12h30 (45') TIME'S SQUARE CROSS TRAINING	12h30 (45') RPM	12h30 (45') BODYPUMP	12h30 (45') TIME'S SQUARE CROSS TRAINING
17h00 (30') ABDOS FLASH	17h00 (45') TIME'S SQUARE CROSS TRAINING	17h00 (45') HYROX	17h00 (30') PILATES	17h00 (45') RPM	
17h45 (45') TIME'S SQUARE CROSS TRAINING	17h45 (45') CAF	17h45 (45') BODYPUMP	17h45 (45') TIME'S SQUARE CROSS TRAINING	17h45 (30') DOS & ABDOS	
18h30 (45') BODYCOMBAT	18h30 (45') RPM	18h30 (45') BODYATTACK	18h30 (45') CAF	18h30 (45') HYROX	
19h30 (45') BODYPUMP	19h30 (45') STEP	19h30 (45') YOGA	19h30 (45') DANSE	19h30 (30') STRETCHING	

: Cours VIP