

PLANNING

MÉRIGNAC *Chemin Long*

SQUARE GYM
UNITED SPORT CLUB

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10h30 (45')

YOGA

TIME'S
SQUARE
CROSS TRAINING

10h30 (45')

PILATES

12h30 (45')

BODYCOMBAT

TIME'S
SQUARE
CROSS TRAINING

11h30 (45')

TIME'S
SQUARE
CROSS TRAINING

12h30 (45')

RPM

TIME'S
SQUARE
CROSS TRAINING

10h30 (45')

CAF

11h30 (45')

TIME'S
SQUARE
CROSS TRAINING

12h30 (45')

ALEOP MOBILITY

TIME'S
SQUARE
CROSS TRAINING

10h30 (45')

STRETCHING

11h30 (45')

RPM

12h30 (45')

ALEOP ATHLETIC

FOCUS
BOOBY

10h30 (45')

PILATES

TIME'S
SQUARE
CROSS TRAINING

12h30 (45')

TIME'S
SQUARE
CROSS TRAINING

10h30 (45')

BODYPUMP

11h30 (45')

RPM

12h30 (45')

TIME'S
SQUARE
CROSS TRAINING

17h00 (45')

ALEOP MOBILITY

17h00 (45')

TIME'S
SQUARE
CROSS TRAINING

17h45

ALEOP FORCE

(30')

RPM

(45')

17h45 (45')

CAF

TIME'S
SQUARE
CROSS TRAINING

18h30 (45')

BODYPUMP

RPM

18h30 (45')

BODYATTACK

FOCUS
BOOBY

19h30 (45')

BODYATTACK

BOXING

19h30 (45')

STEP

TIME'S
SQUARE
CROSS TRAINING

17h00 (30')

RPM

17h45 (45')

BODYPUMP

TIME'S
SQUARE
CROSS TRAINING

18h30 (45')

BODYCOMBAT

RPM

19h30 (45')

ZUMBA

BOXING

17h00 (45')

TIME'S
SQUARE
CROSS TRAINING

17h45 (45')

CAF

TIME'S
SQUARE
CROSS TRAINING

18h30

PILATES

(45')

ALEOP CARDIO

(30')

19h30

BODYPUMP

(45')

RPM

(30')

17h45 (45')

BODYCOMBAT

RPM

18h30 (45')

YOGA

TIME'S
SQUARE
CROSS TRAINING

19h30 (45')

TIME'S
SQUARE
CROSS TRAINING

Dimanche

10h30 (45')

TIME'S
SQUARE
CROSS TRAINING