

PLANNING

SAINT MÉDARD EN JALLES

SQUARE GYM
UNITED SPORT CLUB

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10h30 (45')

STRETCHING

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

10h30 (45')

ALEOP MOBILITY

10h30 (45')

CAF

10h30 (45')

BODYPUMP

12h30 (45')

YOGA

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

12h30 (45')

ALEOP CARDIO

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

12h30 (45')

BODYPUMP

11h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

ABDOS FLASH

17h00 (45')

ALEOP MOBILITY

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

FOCUS BOTY

17h00 (30')

ABDOS FLASH

17h45 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

CAF

17h45 (45')

BODYPUMP

17h45 (45')

STEP

17h45 (30')

ALEOP CARDIO

18h30 (45')

FOCUS BOTY

18h30 (45')

ALEOP CARDIO

18h30 (45')

ZUMBA

18h30 (45')

PILATES

18h30 (45')

TIME'S SQUARE
CROSS TRAINING

19h30 (45')

BODYPUMP

19h30 (45')

STEP

19h30 (45')

YOGA

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

19h30 (45')

ALEOP MOBILITY