

PLANNING

BORDEAUX CHARTRONS

SQUARE GYM
UNITED SPORT CLUB

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

7h00 (45')

TIME'S SQUARE
CROSS TRAINING

10h30 (45')

CAF

11h30 (45')

TIME'S SQUARE
CROSS TRAINING

12h30 (45')

RPM

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

CAF | **HYROX**

18h30 (45')

BODYATTACK | **FOCUS BOTY**

19h30 (45')

ABDOS FLASH (30') | **RPM** (45')

10h30 (45')

DOS & ABDOS

11h30 (45')

RPM

12h30 (45')

BODYATTACK | **TIME'S SQUARE**
CROSS TRAINING

17h00 (45')

BODYPUMP

17h45 (45')

PILATES | **TIME'S SQUARE**
CROSS TRAINING

18h30 (45')

STEP | **HYROX**

19h30 (45')

BODYBALANCE | **BOXING**

8h00 (45')

TIME'S SQUARE
CROSS TRAINING

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

11h30 (30')

STRETCHING

12h30 (45')

BODYCOMBAT | **HYROX**

17h00 (45')

CAF

17h45 (45')

BODYATTACK | **TIME'S SQUARE**
CROSS TRAINING

18h30 (45')

YOGA | **RPM** | **BOXING**

19h30 (30')

GRIT CARDIO

10h30 (45')

PILATES

11h30 (45')

CAF

12h30 (45')

YOGA | **TIME'S SQUARE**
CROSS TRAINING

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

BODYPUMP | **RPM**

18h30 (45')

BODYBALANCE | **TIME'S SQUARE**
CROSS TRAINING

10h30 (45')

BODYPUMP

11h30 (45')

RPM

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

Dimanche

10h00 (45')

TIME'S SQUARE
CROSS TRAINING

11h00 (45')

RPM

10h30 (45')

PILATES

12h30 (45')

GRIT CARDIO (30') | **TIME'S SQUARE**
CROSS TRAINING (45')

17h00 (30')

ABDOS FLASH

17h45 (45')

STEP | **TIME'S SQUARE**
CROSS TRAINING

18h30 (45')

BODYCOMBAT | **RPM**

19h30 (45')

BODYPUMP | **TIME'S SQUARE**
CROSS TRAINING

 : Cours VIP