

PLANNING

PÉRIGUEUX BOULAZAC

SQUARE GYM
UNITED SPORT CLUB

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10h30 (60')

CAF

10h30 (30')

ABDOS FLASH

11h00 (30')

STRETCHING POSTURAL

12h30 (45')

RPM

12h30 (45')

HYROX

BODYBALANCE

17h45 (45')

ZUMBA

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

FOCUS BOTY

18h30 (45')

BODYCOMBAT

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

RPM

BODYPUMP

19h30 (45')

STEP

HYROX

19h30 (45')

BOXING

PILATES

7h00 (45')

TIME'S SQUARE
CROSS TRAINING

12h30 (45')

CAF

14h00 (45')

CROSS KIDS
KIDS TRAINING (de 4 à 9 ans)

17h45 (45')

RPM

ABDOS FLASH

18h30 (45')

ZUMBA

TIME'S SQUARE
CROSS TRAINING

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

10h30 (30')

GYM DOUCE

11h00 (30')

BODY FIT

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (30')

ABDOS FLASH

17h45 (45')

BODYPUMP

18h30 (45')

BODYBALANCE

BOXING

19h30 (45')

RPM

HYROX

10h30 (60')

YOGA

11h30 (45')

RPM

12h30 (45')

BODYPUMP

17h45 (45')

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

CAF

10h30 (45')

CROSS KIDS
KIDS TRAINING (de 4 à 9 ans)

11h30 (45')

RPM

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

 : Cours VIP