

PLANNING

SAINT MÉDARD EN JALLES

SQUARE GYM
UNITED SPORT CLUB

Lundi

10h30 (45')

CAF

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (30')

RPM

17h45 (45')

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

BODYPUMP

19h30 (45')

BODYATTACK

Mardi

10h30 (45')

GYM DOUCE

11h30 (30')

ABDOS FLASH

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

FOCUS BOTY

17h45 (45')

CAF

18h30 (45')

RPM

19h30 (45')

STEP

Mercredi

10h30 (30')

ABDOS FLASH

12h30 (45')

RPM

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

BODYPUMP

18h30 (45')

BODYATTACK

19h30 (45')

YOGA

Jeudi

10h30 (30')

MOBILITÉ

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

GYM DOUCE

17h45 (45')

RPM

18h30 (45')

CAF

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

Vendredi

12h30 (45')

BODYPUMP

17h00 (45')

RPM

17h45 (30')

STRETCHING

18h30 (45')

TIME'S SQUARE
CROSS TRAINING

19h30 (30')

ABDOS FLASH

Samedi

10h30 (45')

BODYPUMP

11h30 (45')

RPM

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

 : Cours VIP