

PLANNING

MÉRIGNAC

SQUARE GYM
UNITED SPORT CLUB

Lundi

10h30 (45')

YOGA

12h30 (45')

BODYCOMBAT | **TIME SQUARE**
CROSS TRAINING

17h00 (30')

DOS & ABDOS

17h45 (45')

CAF | **TIME SQUARE**
CROSS TRAINING

18h30 (45')

BODYPUMP | **RPM** | **TIME SQUARE**
CROSS TRAINING

19h30 (45')

BODYATTACK | **FOCUS BOTY**

Mardi

10h30 (45')

PILATES

11h30 (45')

TIME SQUARE
CROSS TRAINING

12h30 (45')

RPM | **TIME SQUARE**
CROSS TRAINING

17h00 (45')

TIME SQUARE
CROSS TRAINING

17h45 (45')

BODYPUMP | **RPM**

18h30 (45')

BODYATTACK | **HYROX**

19h30 (45')

STEP | **BOXING**

Mercredi

07h00 (45')

TIME SQUARE
CROSS TRAINING

10h30 (45')

CAF

11h30 (45')

RPM

12h30 (45')

BODYPUMP | **HYROX**

17h00 (30')

RPM

17h45 (45')

BODYBALANCE | **TIME SQUARE**
CROSS TRAINING

18h30 (45')

BODYCOMBAT | **RPM**

19h30 (45')

ZUMBA | **TIME SQUARE**
CROSS TRAINING

Jeudi

10h30 (45')

DOS & ABDOS

11h30 (45')

TIME SQUARE
CROSS TRAINING

12h30 (45')

BODYBALANCE | **FOCUS BOTY**

17h00 (30')

ABDOS FLASH

17h45 (45')

STEP | **HYROX**

18h30 (45')

PILATES | **TIME SQUARE**
CROSS TRAINING

19h30 (45')

BODYPUMP (45') | **RPM** (30')

Vendredi

10h30 (45')

STRETCHING

11h30 (45')

PILATES

12h30 (45')

BODYATTACK | **TIME SQUARE**
CROSS TRAINING

17h00 (45')

TIME SQUARE
CROSS TRAINING

17h45 (45')

BODYCOMBAT | **RPM**

18h30 (45')

YOGA | **TIME SQUARE**
CROSS TRAINING

Samedi

10h30 (45')

BODYPUMP

11h30 (45')

RPM

12h30 (45')

TIME SQUARE
CROSS TRAINING

Dimanche

10h30 (45')

TIME SQUARE
CROSS TRAINING

 : Cours VIP