

Lundi

10h30 (45')

PILATES

12h30 (30')

GRIT CARDIO

17h45 (45')

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

BODYCOMBAT RPM

19h30 (45')

BODYPUMP

Mardi

12h30 (45')

STEP RPM

17h45 (45')

CAF

18h30 (45')

BODYATTACK

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

Mercredi

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

11h30 (45')

CAF

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

PILATES TIME'S SQUARE
CROSS TRAINING

18h30 (45')

STEP HYROX

19h30 (45')

BODYBALANCE BOXING

Jeudi

12h30 (45')

HYROX

17h45 (45')

BODYPUMP

18h30 (45')

YOGA RPM

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

Vendredi

10h30 (30')

STRETCHING

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

RPM

18h30 (45')

TIME'S SQUARE
CROSS TRAINING

Samedi

10h30 (45')

TIME'S SQUARE
CROSS TRAINING