

PLANNING ÉTÉ

MÉRIGNAC (du 07 juillet au 24 août)



Lundi

10h30 (45')

YOGA

12h30 (45')

BODYCOMBAT | TIME'S SQUARE
CROSS TRAINING

17h45 (45')

CAF

18h30 (45')

BODYPUMP | RPM

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

Mardi

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

RPM

18h30 (45')

BODYATTACK | TIME'S SQUARE
CROSS TRAINING

19h30 (45')

HYROX

Mercredi

10h30 (45')

CAF

11h30 (45')

TIME'S SQUARE
CROSS TRAINING

12h30 (45')

HYROX

17h45 (45')

BODYPUMP

18h30 (45')

BODYCOMBAT

19h30 (30')

RPM

Jeudi

12h30 (45')

RPM

17h45 (45')

HYROX

18h30 (45')

PILATES

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

Vendredi

10h30 (45')

PILATES

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

RPM

18h30 (45')

TIME'S SQUARE
CROSS TRAINING

19h30 (45')

BODYBALANCE

Samedi

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

: Cours VIP