

PLANNING

PÉRIGUEUX BOULAZAC (du 07 juillet au 24 août)



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h30(60') CAF	10h30(30') ABDOS FLASH 11h00(30') STRETCHING POSTURAL		10h30(30') GYM DOUCE 11h00(30') BODY FIT	10h30(60') YOGA	10h30(45') CROSS KIDS (de 4 à 9 ans) 11h30(45') RPM 12h30(45') TIME'S SQUARE CROSS TRAINING
12h30(45') RPM	12h30(45') HYROX	12h30(45') CAF 14h00(45') CROSS KIDS (de 4 à 9 ans)	12h30(45') TIME'S SQUARE CROSS TRAINING	12h30(45') BODYPUMP	
17h45(45') ZUMBA 18h30(45') BODYCOMBAT 19h30(45') HYROX	17h45(45') FOCUS BODY 18h30(45') RPM BODYPUMP 19h30(45') BOXING 19h30(60') PILATES	17h45(45') RPM 18h30(60') ZUMBA 19h30(45') TIME'S SQUARE CROSS TRAINING	17h45(45') BODYPUMP 18h30(45') STRETCHING 19h30(45') HYROX	17h45(45') TIME'S SQUARE CROSS TRAINING 18h30(45') CAF	

: Cours VIP