

PLANNING

BORDEAUX CHARTRONS

Lundi

10h30 (45')

PILATES

12h30 (45')

BODYPUMP

TIME'S SQUARE
CROSS TRAINING

17h00 (30')

ABDOS FLASH

17h45 (45')

DANSE

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

BODYCOMBAT

RPM

19h30 (45')

BODYPUMP

TIME'S SQUARE
CROSS TRAINING

Mardi

7h00 (45')

TIME'S SQUARE
CROSS TRAINING

10h30 (45')

CAF

11h30 (45')

TIME'S SQUARE
CROSS TRAINING

12h30 (45')

RPM

PILATES*
REFORMER

HYROX

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

CAF

HYROX

18h30 (45')

BODYATTACK

FOCUS
BOITY

19h30 (45')

RPM

PILATES*
REFORMER

TIME'S SQUARE
CROSS TRAINING

Mercredi

9h00 (45')

PILATES*
REFORMER

10h30 (45')

DOS & ABDOS

11h30 (45')

RPM

PILATES*
REFORMER

12h30 (45')

BODYATTACK

HYROX

15h00 (45')

PILATES*
REFORMER

17h00 (45')

BODYPUMP

17h45 (45')

PILATES

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

STEP

TIME'S SQUARE
CROSS TRAINING

19h30 (45')

CAF

BOXING

Jeudi

8h00 (45')

TIME'S SQUARE
CROSS TRAINING

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

11H30 (30')

STRETCHING

12h30 (45')

BODYCOMBAT

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

BODYBALANCE

17h45 (45')

DOS & ABDOS

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

YOGA

RPM

HYROX

19h30 (45')

BODYATTACK (30')

HYROX (45')

Vendredi

10h30 (45')

PILATES*
REFORMER

11H30 (45')

CAF

12h30 (45')

YOGA

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

HYROX

17h45 (45')

BODYPUMP

RPM

18h30 (45')

PILATES*
REFORMER

TIME'S SQUARE
CROSS TRAINING

19h30 (45')

PILATES*
REFORMER

Samedi

10h30 (45')

BODYPUMP

11h30 (45')

RPM

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

Dimanche

9h00 (45')

PILATES*
REFORMER

10h00 (45')

TIME'S SQUARE
CROSS TRAINING

11h00 (45')

RPM

* Hors abonnement

S Cours VIP