

PLANNING

MÉRIGNAC



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
09h30 (45') PILATES* REFORMER		07h00 (45') TIME'S SQUARE CROSS TRAINING			10h00 (45') PILATES* REFORMER
10h30 (45') YOGA	10h30 (45') PILATES	10h30 (45') CAF	10h30 (45') DOS & ABDOS	10h30 (45') STRETCHING	10h30 (45') RPM
	11h30 (45') PILATES* REFORMER TIME'S SQUARE CROSS TRAINING	11h30 (45') PILATES* REFORMER TIME'S SQUARE CROSS TRAINING	11H30 (45') RPM	11H30 (45') PILATES	11h30 (45') BODYPUMP
12h30 (45') BODYCOMBAT TIME'S SQUARE CROSS TRAINING	12h30 (45') RPM TIME'S SQUARE CROSS TRAINING	12h30 (45') BODYPUMP HYROX	12h30 (45') BODYBALANCE HYROX	12h30 (45') PILATES* REFORMER TIME'S SQUARE CROSS TRAINING	12h30 (45') HYROX
15h00 (45') PILATES* REFORMER			16h00 (45') PILATES* REFORMER		
17h00 (30') DOS & ABDOS	17h00 (45') TIME'S SQUARE CROSS TRAINING	17h00 (30') RPM	17h00 (30') ABDOS FLASH	17h00 (45') TIME'S SQUARE CROSS TRAINING	Dimanche
17h45 (45') CAF TIME'S SQUARE CROSS TRAINING	17h45 (45') BODYPUMP RPM	17h45 (45') BODYBALANCE TIME'S SQUARE CROSS TRAINING	17h45 (45') BODYATTACK HYROX	17h45 (45') BODYCOMBAT RPM	10h30 (45') TIME'S SQUARE CROSS TRAINING
18h30 (45') BODYPUMP RPM TIME'S SQUARE CROSS TRAINING	18h30 (45') BODYATTACK HYROX	18h30 (45') BODYCOMBAT RPM	18h30 (45') PILATES TIME'S SQUARE CROSS TRAINING	18h30 (45') YOGA TIME'S SQUARE CROSS TRAINING	
19h30 (45') PILATES FOCUS BOTY	19h30 (45') PILATES* REFORMER HYROX	19h30 (45') DANSE TIME'S SQUARE CROSS TRAINING	19h30 (45') BODYPUMP (45') RPM (30')	19h30 (45') PILATES* REFORMER	

* Hors abonnement
Cours VIP