

PLANNING

PÉRIGUEUX-BOULAZAC



Lundi

10h30 (60')

CAF

12h30 (45')

RPM

17h45 (45')

ZUMBA

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

BODYCOMBAT

TIME'S SQUARE
CROSS TRAINING

19h30 (45')

STEP

HYROX

Mardi

10h30 (30')

ABDOS FLASH

11h00 (30')

STRETCHING POSTURAL

12h30 (45')

BODYBALANCE

HYROX

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

FOCUS
BOITY

18h30 (45')

RPM

BODYPUMP

19h30 (45')

HYROX

PILATES

Mercredi

7h00 (45')

TIME'S SQUARE
CROSS TRAINING

12h30 (45')

CAF

14h00 (45')

CROSS KIDS
De 4 à 9 ans

17h45 (45')

RPM

ABDOS FLASH

18h30 (45')

ZUMBA

TIME'S SQUARE
CROSS TRAINING

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

Jeudi

10h30 (30')

GYM DOUCE

11h00 (30')

BODY FIT

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (30')

ABDOS FLASH

17h45 (45')

BODYPUMP

18h30 (45')

BODYBALANCE

HYROX

19h30 (45')

RPM

HYROX

Vendredi

10h30 (60')

YOGA

11h30 (45')

RPM

12h30 (45')

BODYPUMP

17h45 (45')

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

CAF

Samedi

10h30 (45')

CROSS KIDS
De 4 à 9 ans

11h30 (45')

RPM

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

: Cours VIP