

PLANNING

PÉRIGUEUX-BOULAZAC



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h30(60') CAF	10h30(30') ABDOS FLASH 11h00(30') STRETCHING POSTURAL	7h00(45') TIME'S SQUARE CROSS TRAINING 10h30(45') PILATES REFORMER * 12h30(45') PILATES REFORMER * CAF 14h00(45') CROSS KIDS De 4 à 9 ans KIDS TRAINING 17h00(45') PILATES REFORMER * 17h45(45') ZUMBA TIME'S SQUARE CROSS TRAINING 18h30(45') BODYCOMBAT TIME'S SQUARE CROSS TRAINING 19h30(45') PILATES REFORMER * HYROX	10h30(30') GYM DOUCE 11h00(30') BODY FIT 12h30(45') RPM TIME'S SQUARE CROSS TRAINING 17h00(30') ABDOS FLASH 17h45(45') BODYPUMP 18h30(45') BODYBALANCE FOCUS BODY 19h30(45') RPM HYROX	10h30(60') YOGA 11h30(30') STRETCHING POSTURAL 12h30(45') BODYPUMP PILATES REFORMER * 17h30(45') PILATES REFORMER * 17h45(45') TIME'S SQUARE CROSS TRAINING 18h30(45') CAF	10h30(45') CROSS KIDS De 4 à 9 ans KIDS TRAINING 11h30(45') RPM 12h30(45') TIME'S SQUARE CROSS TRAINING
					Cours VIP * Hors abonnement