



COURS COLLECTIFS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

09H30 / 10H15

RENFO FIT

CAF

SWISS
BALL

TABATA

10H20 / 11H05

CARDIO FIT

CARDIO
HIIT

BODY
PUMP

CIRCUIT
CROSS

17H45 / 18H15

CAF
INTENSE

18H30 / 19H15

ZUMBA

BIKING ET
STEP

TABATA

CAF ET
BIKING

19H20 / 20H05

PUMP ET
BIKING

19H30 / 20H30
CROSS
TRAINING

POWERPULS
ET TABATA

