

Lundi

7h **CARDIO**

7h30 **STRECH**

Mardi

7h **SCULPT**

7h30 **DYNAMIK**

Mercredi

7h **CARDIO**

7h30 **STRECH**

Jeudi

Vendredi

Samedi

7h **DYNAMIK**

7h30 **SCULPT**

8h **PILATES**

12h15 **DYNAMIK**

12h45 **SCULPT**

12h15 **PILATES**

12h30 **CARDIO**

13h00 **CARDIO**

12h15 **PILATES**

12h15 **DYNAMIK**

15h **FLAMENCO**

17h **DYNAMIK**

18h **SCULPT**

18h **DYNAMIK**

19h **PILATES**

18h **PILATES**

19h **ZUMBA**

17h **SCULPT**

18h **CARDIO**

19h **TRX SCULPT**

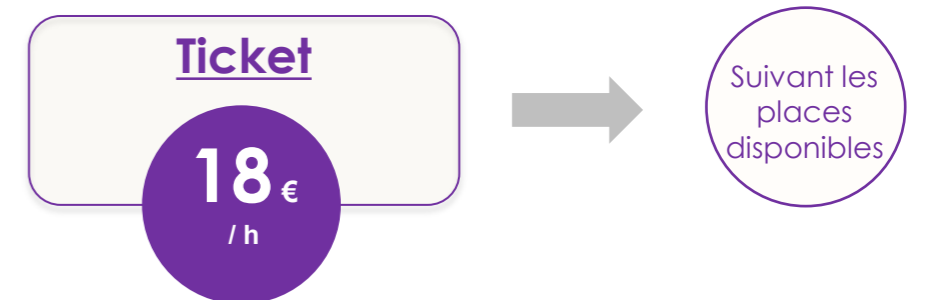
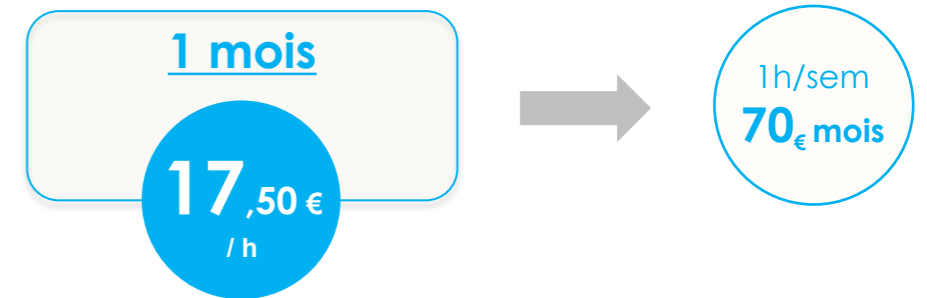
17h **BARRE AU SOL**

18h **PILATES**

19h **DANSE ORIENTALE**

Abonnements ANNUELS

Cours collectif (coaching en team training)



Frais Inscription 25€ / an