

Lundi

7h **CARDIO -
STRETCH**

12h15 **DYNAMIK
- SCULPT**

18h **SCULPT**

19h **CARDIO**

Mardi

7h **SCULPT -
DYNAMIK**

12h15 **PILATES**

18h **DYNAMIK**

19h **FLAMENCO**

Mercredi

7h **CARDIO -
STRETCH**

12h30 **CARDIO**

18h **PILATES**

19h **FLAMENCO**

Jeudi

17h **SCULPT**

18h **CARDIO**

19h **TRX
SCULPT**

Vendredi

7h **DYNAMIK -
SCULPT**

12h15 **DYNAMIK**

17h **BARRE
AU SOL**

18h **PILATES**

19h **DANSE
ORIENTALE**

Samedi

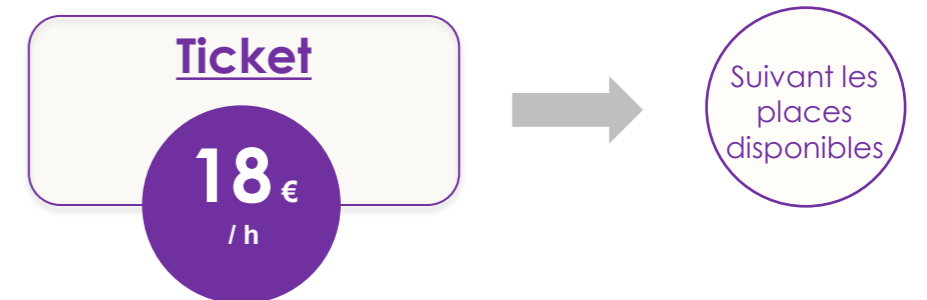
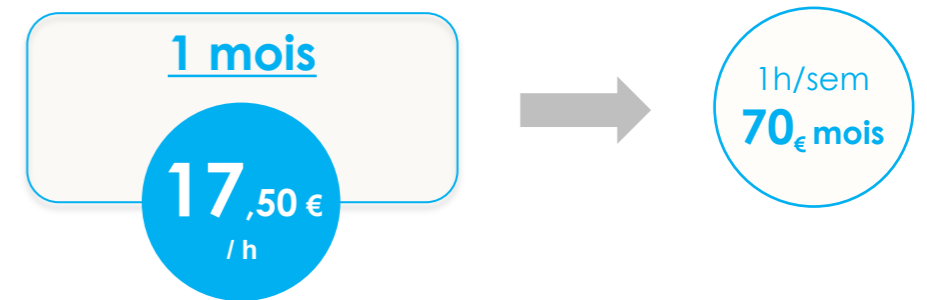
8h **PILATES**

15h **FLAMENCO**

mp.o
Club de sport

Abonnements ANNUELS

Cours collectif (coaching en team training)



Frais Inscription 25€ / an