

PLANNING FITNESS

ON AIR STAINS

#ONAIRFITNESS

LUNDI

MARDI

MERCREDI

JEUDI

19H15 - 19H35

**CIRCUIT
TRAINING**

19H15 - 19H35

CF
CUISSSES-FESSIERS

19H15 - 19H35

**CIRCUIT
TRAINING**

19H15 - 19H35

 **ZUMBA**

19H35 - 20H10

**CROSS
TRAINING**

19H35 - 20H10

**CROSS
TRAINING**

19H35 - 20H30

**RENFO
MUSCU
STRETCHING**

19H35 - 20H30

**100%
BOOTY**

20H10 - 20H30

ABDOS


20H10 - 20H30

ABDOS

20H30 - 20H45

ABDOS

PLANNING ET RÉSERVATION SUR
L'APPLICATION ON AIR FITNESS

 Available on the
App Store

GET IT ON
 **Google Play**

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