

PLANNING COURS COLLECTIFS

ACCÈS ILLIMITÉ AUX COURS POUR SEULEMENT 7,99€/SEMAINE*

MERCI DE LIBÉRER L'ESPACE AUX PARTICIPANTS PENDANT TOUTE LA DURÉE DU COURS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7H30 - 8H30 CROSS TRAINING	7H30 - 8H30 CROSS TRAINING	7H30 - 8H30 CROSS TRAINING	7H30 - 8H30 CROSS TRAINING	7H30 - 8H30 CROSS TRAINING	11H00 - 11H45 CAF (CUISSSES - ABDOS - FESSIERS)	11H00 - 12H00 CROSS TRAINING
12H15 - 13H00 CROSS TRAINING	12H15 - 13H00 CROSS TRAINING	12H15 - 13H00 CROSS TRAINING	12H15 - 13H00 CROSS TRAINING	12H15 - 13H00 CAF (CUISSSES - ABDOS - FESSIERS)	11H00 - 12H00 CROSS TRAINING	12H00 - 13H00 CROSS TRAINING
12H30 - 13H15 LES MILLS RPM	12H15 - 13H00 CAF (CUISSSES - ABDOS - FESSIERS)	12H15 - 13H15 BOOTY FIT	12H15 - 13H00 LES MILLS RPM	12H15 - 13H00 HYBRIDE TRAINING	12H00 - 13H00 BOOTY FIT	
18H15 - 19H00 LES MILLS RPM	13H00 - 13H45 BODYATTACK	18H15 - 19H00 LES MILLS RPM	13H00 - 13H45 BODYATTACK	18H15 - 19H00 CYCLING	12H00 - 13H00 CROSS TRAINING	
18H30 - 20H00 BOXE ANGLAISE	18H15 - 19H00 LES MILLS RPM	18H30 - 20H00 MMA	18H15 - 19H00 CYCLING	18H30 - 20H00 MMA	13H00 - 13H45 PILATES	
18H00 - 19H45 CROSS TRAINING	18H30 - 19H15 CROSS TRAINING	18H30 - 19H15 CROSS TRAINING	18H30 - 20H00 BOXE ANGLAISE	18H30 - 19H45 CROSS TRAINING	13H45 - 14H30 STRETCHING	
19H10 - 19H55 PILATES	18H30 - 20H00 BOXE ANGLAISE	19H15 - 20H00 PILATES	18H45 - 19H30 CROSS TRAINING	19H00 - 20H00 ZUMBA		
19H15 À 20H00 CROSS TRAINING	19H10 - 19H55 PILATES	19H15 - 20H00 CROSS TRAINING	19H15 - 20H00 CAF (CUISSSES - ABDOS - FESSIERS)	19H15 - 20H00 CROSS TRAINING		
20H00 - 20H45 BODYATTACK	19H15 - 20H00 CROSS TRAINING	20H00 - 20H45 HYBRIDE TRAINING	19H30 - 20H15 CROSS TRAINING	20H00 - 20H30 RENFO FESSIERS		
20H00 - 21H30 KICK BOXING	20H00 - 20H45 LES MILLS RPM	20H00 - 21H30 BOXE ANGLAISE	20H00 - 21H30 MMA	20H00 - 21H30 BOXE ANGLAISE		
	20H00 - 21H30 MMA					

* en supplément de l'abonnement On Air

PLANNING ET RÉSERVATION SUR
L'APPLICATION ON AIR FITNESS

