

PLANNING SAISON 2024-2025

LUN MAR MER JEU VEN SAM DIM

9H30-10H SWISS BALL	9H30-10H30 BODY SCULPT	9H30-10H30 C.A.F	9H30-10H30 ACTI PUMP	9H30-10H GYM TONIC		10H-11H ACTI COMBAT
10H-10H30 ACTI RING	10H30-11H30 PILATES			10H-10H30 STRETCH		11H-12H PILATES
12H40-13H20 HIIT FULL BODY		12H30-13H 13H-13H30 HIIT / AF				12H-12H30 STRETCH
18H-19H ACTI PUMP	18H-18H30 CIRCUIT C.A.F	18H-19H ACTI PUMP	18H-18H45 BODY SCULPT	18H-18H30 C.A.F		
19H-20H ZUMBA	18H30-19H 100 % ABDOS	19H-19H45 STRONG	18H45-19H30 BIKE	18H30-19H15 ACTI ATTACK		
19H-20H CROSS TRAINING	19H-20H CROSS TRAINING	19H-20H CROSS TRAINING	19H-20H CROSS TRAINING	19H15-20H15 ZUMBA		
19H-19H45 BIKE	19H-20H STEP		19H30-20H15 BODY ZEN	19H15-20H BIKE		

ZA
VIARGUES, 34440,
COLOMBIERS
PARKING GRATUIT
6H-23H - 7J/7