

# PLANNING GYM/FITNESS 2023/2024

Lundi	Mardi	Mercredi	Jeudi	Vendredi
8h15 - 9h15 ● Cardio danse abdos	8h - 9h ● Cuisses abdos fessiers	8h15 - 9h15 ● Baila danse	9h15 - 10h ★ Fesses abdos cuisses	8h30 - 9h30 ★ Cardio body sculpt
9h15 - 10h15 ● Yoga	9h - 10h ★ Swiss ball	9h15 - 10h15 ● Circuit seniors	10h - 10h45 ★ Yin yoga	9h30 - 10h30 ★ Yoga
10h30 - 11h30 ★ Pilates	10h - 11h ★ Stretching	11h30 - 12h30 ★ Swiss ball	10h45 - 11h30 ★ Pilates mat 1 & 2	10h30 - 11h15 ★ Pilates
11h30 - 12h15 ★ Stretching	11h20 - 12h20 ● Yoga	12h30 - 13h30 ★ Mix fit	11h30 - 12h30 ★ Cardio body sculpt	11h30 - 12h30 ● Circuit training
12h30 - 13h30 ● Full Body Workout	12h30 - 13h30 ★ Harmonie balance	17h30 - 18h15 ▲ Step/trampo/com- bat workout	12h30 - 13h30 ★ Yoga	12h30 - 13h30 ● Cardio danse abdos
17h30 - 18h30 ▲ Cross training	17h30 - 18h30 ★ Hiit full body	18h15 - 19h ▲ Pump	17h30 - 18h15 ▲ Burn Xtrem body	17h30 - 18h15 ▲ Baila trampo
17h30 - 18h30 ■ Cardio abdos fessiers	18h30 - 19h30 ★ Yoga		18h15 - 19h ▲ Stretching	
18h30 - 19h30 ■ Pilates & Yin Yoga				

**TARIF NORMAL**

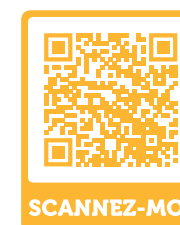
170€ /AN

**TARIF RÉDUIT**

150€ /AN

**TARIF COUPLE**

150€ /AN/PERS



SCANNEZ-MOI

**ACCÉDEZ AU  
PLANNING  
DIGITAL  
SUR LE SITE**