

COURS FITNESS

LUNDI

10:00 - 12:00 (Doctolib)

Kine

ALFREDO DEL GIUDICE

18:00 - 19:00

Renforcement

20:00 - 21:00

Cross training

11:00 - 12:00

Animal flow

MARDI

12:15 - 13:15

Hatha Yoga

18:30 - 19:30

Cross training

19:45 - 20:45

Heat boxing



COURS FITNESS

MERCREDI

10:00 - 11:00

Heat boxing

11:15 - 12:15

Cross training

18:00 - 19:00

Hatha yoga

19:15 - 20:15

Vinyasa yoga

JEUDI

12:30 - 13:30

Cross training

17:30 - 18:30

Pilates

18:45 - 19:45

Vinyasa yoga

19:15 - 20:15

Heat Boxing



COURS FITNESS

VENDREDI

15:00 - 18:00 (Doctolib)

Kine

ALFREDO DEL GIUDICE

18:00 - 19:00

Cross training

19:15 - 20:15

Renforcement

SAMEDI

10:30 - 11:30

Pilates

11:00 - 12:00

Yoga
parents/enfants

11:45 - 12:45

Heat boxing

12:15 - 13:15

Vinyasa yoga

