

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

10h30 45'
Zumba
renfo

10h30 45'
Body
Stretch

10h30 45'
CIRCUIT
salle

12h15 45'
C.A.F

12h15 45'
HIIT

12h15 45'
Body
Stretch

12h15 45'
Zumba

18h00 30'
STEP débutant

18h15 30'
STRONG

18h15 30'
HIIT

18h 30'
CardioStep

18h30 45'
Total
Body

18h45 45'
STEP Inter/av

18h30 30'
Jumping

18h45 45'
Total
Body

18h30 30'
Jumping

19h15 45'
Zumba

19h30 45'
C.A.F

19h10 45'
Strong

19h30 30'
Body
Stretch

19h10 45'
C.A.F

20h00 45'
HIIT

20H15 30'
L.I.A

20h 45'
Body
Stretch

20h 45'
Zumba

