

# LES TEAMS-TRAINING

LUNDI

9h30  
60'

Postural ball

10h00  
60'

Cross-training

18h00  
30'  
Bike

18h30  
60'  
Pilyoga

MARDI

9h30  
60'  
Yoga

14h00  
60'  
Seniors

15h à 17h  
HANDI-FIT

18h30  
60'  
Fit Boxing  
ados

19h30  
60'  
FitBoxing  
Adultes

20H30  
60'  
FitBoxing  
confirmé

MERCREDI

10h à 12 h  
HANDI-FIT

14h15  
60'  
Pilates débutant

15h30  
60'  
Cross-training

18h30  
60'  
Cross-training

JEUDI

10h00  
60'  
Bungy Pump

10h00  
60'  
Seniors

18h15  
60'  
Pilates inter/av

18h30  
45'  
Bike

19h30  
60'  
Yoga

VENDREDI

10h00  
60'  
Pilates Seniors

19h30  
60'  
Cross-training

SAMEDI

9h30  
60'  
Fit Boxing  
adulte

9H30  
60'  
Bungy Pump

10h45  
60'  
FitBoxing  
kids

11h30  
60'  
Fit Boxing  
ados