

PLANNING DES COURS

Cours soumis à réservation sur Xplor Deciplus



HEURE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
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ESPACE
FONCTIONNEL

ESPACE
FITNESS

ESPACE
FONCTIONNEL

ESPACE
FITNESS

ESPACE
FONCTIONNEL

ESPACE
FITNESS

ESPACE
FONCTIONNEL

ESPACE
FITNESS

ESPACE
FONCTIONNEL

ESPACE
FITNESS

ESPACE
FONCTIONNEL

ESPACE
FITNESS

10h00

PILATES
45'

TRAINING
FITNESS 45'

FUNCTIONAL
TRAINING 45'

TRAINING
FITNESS 45'

FUNCTIONAL
TRAINING 45'

FUNCTIONAL
TRAINING 45'

11h00

BIKE
45'

12h15

FUNCTIONAL
TRAINING 45'

TRAINING
FITNESS 45'

FUNCTIONAL
TRAINING 45'

BIKE
45'

FUNCTIONAL
TRAINING 45'

CARDIO
BOXE 45'

FUNCTIONAL
TRAINING 45'

TRAINING
FITNESS 45'

FUNCTIONAL
TRAINING 45'

TRAINING
FITNESS 45'

17h30

FUNCTIONAL
TRAINING

TRAINING
FITNESS

FUNCTIONAL
TRAINING

TRAINING
FITNESS

FUNCTIONAL
TRAINING

TRAINING
FITNESS

FUNCTIONAL
TRAINING

BIKE

FUNCTIONAL
TRAINING

PILATES

18h30

HALTÉRO

BIKE

FUNCTIONAL
TRAINING

CARDIO
BOXE

FUNCTIONAL
TRAINING

BIKE

FUNCTIONAL
TRAINING

TRAINING
FITNESS

FUNCTIONAL
TRAINING

CARDIO
BOXE

19h30

FUNCTIONAL
TRAINING 45'

PILATES
45'

FUNCTIONAL
TRAINING 45'

TOTAL
ABDOS 30'

FUNCTIONAL
TRAINING 45'

MOBILITY 30'

FUNCTIONAL
TRAINING 45'

TRAINING
FITNESS 30'