

ENTRAÎNEMENTS COLLECTIFS

LUNDI

9H30
BODY ATTACK 45'

12H15
IRON TRAINING 30'

18H00
L M CORE 30'

18H00
HBX MOVE 30'

18H30
IRON TRAINING 30'

18H30
BODY COMBAT 45'

18H45
RPM 45'

19H00 - 20H30
BOXE FRANCAISE

MARDI

9H30
BODY PUMP 30'

10H00
L M CORE 30'

12H15
BODY ATTACK 45'

17H45
BODY BALANCE 45'

18H30
BODY ATTACK 45'

18H30
GRIT 30'

19H00
HBX MOVE 45'

19H15
STEP 45'

19H30
RPM 45'

MERCREDI

9H30
PILATES 45'

12H15
HBX MOVE 30'

14H00 - 15H15
BOXE FRANCAISE
12-14 ANS

16H00 - 17H00
BOXE FRANCAISE
8-11ANS

18H00
BODY COMBAT 45'

18H45
GRIT 30'

18H45
HBX MOVE 45'

19H30
IRON TRAINING 30'

JEUDI

09H30
L M CORE 30'

09H30
RPM 45'

12H15
BODY PUMP 45'

18H15
SPRINT 30'

18H00
BODY PUMP 45'

18H30
HBX BOXING 30'

18H45
BODY ATTACK 30'

19H00 - 20H00
BOXE FRANCAISE
+ DE 14 ANS

19H15
BODY BALANCE 45'

VENDREDI

9H00
HBX MOVE 45'

9H30
BODY BALANCE 45'

12H15
SPRINT 30'

17H45
SPRINT 30'

STUDIO CYCLING

STUDIO TEAM TRAINING / BOXE

STUDIO COURS COLLECTIFS

SAMEDI

09H30
RPM 45'

10H15
GRIT 30'

11H00
BODY PUMP 45'

Liberto
FITNESS