

LUNDI**MARDI****MERCREDI****JEUDI** **VENDREDI****SAMEDI**

SPORT SANTÉ

10:15 - 11:00

CROSS
TRAINING

10:15 - 11:00

SPORT SANTÉ

10:15 - 11:00

BBE

10:15 - 11:00

CIRCUIT
TRAINING

10:15 - 11:00

CIRCUIT
TRAINING

11:15 - 12:00

CAF +
STRETCHING

11:15 - 12:00

PILÂTES

11:15 - 12:00

STRETCHING

11:15 - 12:00

HYBRID
TRAINING

11:15 - 12:00

HYBRID
TRAINING

11:15 - 12:00

HYBRID
TRAINING

12:30 - 13:15

BOXING

12:30 - 13:15

BODY BARRE

12:30 - 13:15

CROSS
TRAINING

12:30 - 13:15

ABDO FLASH

12:30 - 13:00

ABDO FLASH

17:15 - 17:45

BBE FLASH

17:15 - 17:45

CIRCUIT FLASH

17:15 - 17:45

CAF FLASH

17:15 - 17:45

CROSS FLASH

17:15 - 17:45

CROSS
TRAINING

18:00 - 18:45

CAF FLASH

18:00 - 18:30

CARDIO FLASH

18:30 - 19:00

PILÂTES

18:00 - 18:45

STRETCHING

18:45 - 19:15

STEP
DÉBUTANT

18:00 - 18:45

STEP
INTER

18:00 - 18:45

RENFO TONIQUE

19:00 - 19:45

HYBRID
TRAINING

19:00 - 19:45

CROSS
TRAINING

19:30 - 20:15

CARDIO
BOXING

19:00 - 19:45

STRETCHING
MOBILITY

20:00 - 20:45

BOXING

20:00 - 20:45

KETTLEBELL
CLASS

20:00 - 20:45

HORAIRES D'OUVERTURE**LUNDI - JEUDI : 10:00 - 21:00****VENDREDI : 10:00 - 19:30****SAMEDI : 10:00 - 13:00**CONTACT : 06 98 82 00 98 / STUDIO470.CONTACT@GMAIL.COM

*BBE : BRAS BUSTE ÉPAULE

*CAF : CUISSSES ABDO FESSES