

Cours collectifs - Capitole

Cours cardio

Cours zen

Cours de renforcement musculaire

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:00						Hiit boxing 45'
11:00						Yoga 45'
12:15	FIT JUMP by Lady Concept 30'	CAF 30'	Hiit boxing 30'	Squat Challenge by Lady Concept 30'	The Rockx Workout 30'	
12:45	100% Tonic 30'	The Rockx Workout 30'	Yoga 30'	Hiit boxing 30'	Pilates 30'	
17:15			FIT JUMP by Lady Concept 45'			
18:00	CAF 45'	Zumba 45'	The Rockx Workout 45'	Pilates 17h45 45'	100% Tonic 45'	
18:45	Hiit boxing 45'	100% Tonic 45'		Abdos Xtrem 18h30 45'	FIT JUMP by Lady Concept 45'	
19:30	Stretching 45'	Hiit boxing 45'	Squat Challenge by Lady Concept 45'			