

Cours collectifs - Compans

Cours cardio

Cours zen

Cours de renforcement musculaire

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12:15	100% Tonic 30'	Zumba 30'	Hiit boxing 30'	100% Tonic 30'	FIT JUMP by Lady Concept 30'
12:45	FIT JUMP by Lady Concept 30'	Pilates 30'	Abdos Xtrem 30'	The Rockx Workout 30'	CAF 30'
18:00	Zumba 45'	CAF 45'	Hiit boxing 45'	Abdos Xtrem 45'	
18:45	100% Tonic 45'	The Rockx Workout 45'	FIT JUMP by Lady Concept 45'	Pilates 45'	
19:30	Yoga 45'	Hiit boxing 45'	CAF 45'	The Rockx Workout 45'	