

Cours collectifs - Labège

Cours cardio

Cours zen

Cours de renforcement musculaire

| | LUNDI | MARDI | MERCREDI | JEUDI |
|-------|------------------------------------|-----------------------------|----------------|----------------------------------------------|
| 12:15 | Hiit Boxing 30' | The Rockx Workout 30' | CAF 30' | Squat Challenge by Lady Concept 30' |
| 12:45 | FIT Jump By Lady Concept 30' | 100% Tonic 30' | Pilates 30' | Zumba 30' |
| 18:00 | Hiit boxing 45' | 100% Tonic 45' | Zumba 45' | Abdos Xtrem 45' |
| 19:00 | CAF 45' | The Rockx Workout 45' | Pilates 45' | FIT JUMP by Lady Concept 45' |