

LADY CONCEPT COMPANS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

12h15

Abdos-fessiers
30'

Step
30'

Boxing fight
30'

Abdos-fessiers
30'

100% tonic
30'

12h45

Fit jump
30'

100% Tonic

Pilates
30'

Zumba
30'

Boxing fight
30'

16h45

Coachs
plateau

Coachs
plateau

Coachs
plateau

Coachs
plateau

17h30

100% Tonic
45'

Boxing fight
45'

Step
45'

Abdos-fessiers
45'

18h15

Zumba
45'

Abdos-fessiers
45'

Pilates
45'

Boxing fight
45'

19h00

Coachs
plateau

Coachs
plateau

Coachs
plateau

Coachs
plateau

19h30

Fit jump
30'

Yoga
30'

100% Tonic
30'

Step
30'

Cours CARDIO

Cours RENIFO

Cours ZEN