

LADY CONCEPT CAPITOLE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

10h00

Coachs plateau

10h30

Abdos-fessiers
45'

11h15

Zumba
45'

12h15

Abdos
30'

Fit Jump
30'

Boxing fight
30'

Pilates
30'

100% tonic
30'

12h45

Fessiers
30'

Zumba
30'

100% Tonic
30'

Stretching
30'

Boxing fight
30'

16h45

Coachs plateau

Coachs plateau

Coachs plateau

Coachs plateau

17h30

Abdos
45'

Fit Jump
45'

Boxing fight
45'

Pilates
45'

100% Tonic
45'

18h15

Fessiers
45'

Step
45'

100% Tonic
45'

Yoga
45'

Zumba
45'

19h00

Coachs plateau

Coachs plateau

Coachs plateau

Coachs plateau

Coachs plateau

19h30

100% Tonic
30'

Zumba
30'

Boxing fight
30'

Stretching
30'

Cours CARDIO

Cours RENFO

Cours ZEN

