LUNDI
8H30 - 21H30
MARDI
8H30 - 21H30
MERCREDI
8H30 - 21H30
JEUDI
8H30 - 21H30
VENDREDI
8H30 - 21H30
SAMEDI
9H00 - 18H00
MATIN
MIDI
SOIREE
8H30 - 13H30
Coach Plateau
Tiffany
9H00 - 12H30
Coach Plateau
Tiffany
9H30 - 10H30
Pilates Confirmé
Marielle
10H30 - 11H30
Pilates Débutant
Marielle
CAF
Tiffany
Circuit Training
Tiffany
Stretching
Tiffany
Circuit Training
Tiffany
12H30 - 13H15
Pilates Mixte
Marielle
Cardio Boxing
Jérémy
Circuit Training
Jérémy
Cycling
Alexis/Tiffany
Cross Training
Jérémy
12H30 - 18H00
Coach Plateau
Alexis
17H45 - 18H30
Full Pump
Arnaud
Circuit Training
Jérémy
17H45 - 18H45
Conseils Minceur
Blandine/sur rv
Cross Training
Steven
18H15 - 19H15
Cross Training
Christin
Steven
18H00 - 18H45
Full Pump
Arnaud
18H30 - 19H15
Cycling
Arnaud
18H30 - 19H30
Cardio Boxing
Jérémy
Total Workout
Loïse/Tiffany
Valeria
19h15 - 20H00
Conseils Minceur
Blandine/sur rv
19h30 - 20H15
Cycling
Alexis/Tiffany
Loïse/Tiffany
18h45 - 19H30
Arnaud
19H15 - 20H15
Cardio Boxing
Jérémy
17H00 - 21H30
Présence Plateau
Laurent