

PLANNING

2023 - 2024

LUNDI

18.30 **CIRCUIT TRAINING**
NICOLAS

20.45 **FULL TRAINING**
NICOLAS

MERCREDI

19.00 **ZUMBA KUDUROFIT**
YASMINA

20.00 **FIT K**
YOHAN

20.45 **CORE BALANCE**
YOHAN

JEUDI

18.30 **FULL TRAINING**
NICOLAS

19.30 **ZUMBA**
YOHAN

20.30 **FITDANCE**
YOHAN

20.45 **FULL TRAINING**
SALAH

21.30 **ZUMBA**
YOHAN

VENDREDI

18.15 **STRETCHING RELAXATION**
NICOLAS

MUSCULATION CARDIO TRAINING

LUNDI - MERCREDI - JEUDI
17H - 20H45

MARDI - VENDREDI
17H - 19H30

SAMEDI
16H - 19H

**ACCOMPAGNEMENT
PERSONNALISÉ**

DU LUNDI AU SAMEDI
10H - 17H

- DANSE
- CARDIO
- BIEN-ÊTRE
- MUSCULATION
- FULL TRAINING
- CIRCUIT TRAINING



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