

**Lundi**

09h45/10h15

Body  
Sculpt

10h15/10h45

Abdos  
Fessiers

10h45/11h15

Stretch

19h15/19h45

Abdos  
Fessiers

19h45/20h30

Step  
Débutant

20h30/21h

Cardio

**Mardi**

9h45/10h15

Step  
Evolutif

10h15/10h45

Fitness  
Cross

10h45/11h15

Abdos  
Fessiers

19h10/19h25

Abdos Flash

19h30/20h15

Mix  
Fitness

20h15/21h

Pilates  
Niveau 1

**Mercredi**

9h /12h  
Découverte  
Musculation

19h30/20h15

HIIT

20h15/21h

Cuisses  
Fessiers  
Taille

**Jeudi**

9h45/11h15  
Sport  
Seniors

19h15/20h15

Step  
Inter

20h15/21h

Pilates  
Niveau 1

**Vendredi**

9h45/10h30

HIIT

10h30 /11h15

circuit  
Abdos  
Fessiers

**Samedi**

9h45/10h30

Step  
Evolutif

10h30 /11h15

Circuit  
Training

## Horaires Fitness

### HORAIRES MUSCULATION

lundi - mardi  
mercredi - jeudi - vendredi  
9h-12h / 17h-21h

samedi  
9h-12h

infos/inscriptions..  
[www.clubalfa44.com](http://www.clubalfa44.com)