

Lundi

09h45/10h15

Body
Sculpt

10h15/10h45

Abdos
Fessiers

10h45/11h15

Stretch

19h15/19h45

Abdos
Fessiers

19h45/20h30

Step
Niveau 1

20h30/21h

Stretch

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
Niveau 2

20h15/21h
Pilates
Niveau 1

Vendredi

9h45/10h30

HIIT

10h30 /11h15

Abdos
Fessiers

HORAIRES MUSCULATION

lundi - mardi

mercredi - jeudi - vendredi

9h-12h / 17h-21h

samedi

9h-12h

Samedi

9h45/10h30

Step
Evolutif

10h30 /11h15

Circuit
Training

Horaires Fitness



infos/inscriptions..
www.clubalfa44.com