

Nos cours collectifs

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Studio 1						
9:30-10:30 Seniors			9:30-10:30 Seniors		9:00-10:00 	
					10:00-11:00 	10:00-11:00 
					11:15-12:15 	11:00-11:30 
		15:30-16:30 Circuit Training kids			12:30-13:30 	11:30-12:30 Yoga 
17:30-18:00 	17:30-18:00 Cardio 	17:30-18:00 HIIT	17:30-18:00 Abdos 	17:15-18:00 Kickboxing kids 5-6 ans		
18:00-19:00 	18:00-19:00 Révo Fight	18:00-19:00 	18:00-19:00 Révo Fight	18:00-19:00 Kickboxing kids 7-11 ans		
19:00-20:00 	19:00-20:00 	19:00-20:00 	19:00-20:00 CAF	19:00-20:00 Kick Boxing		
20:00-21:00 	20:00-21:00 CAF	20:00-21:00 	20:00-21:00 Yoga 			
Studio 2						
	19:30-20:30 		19:30-20:30 			10:00-11:00 
Studio 3						
					10:00-11:00 kids 5-6 ans	10:00-11:00 Circuit Training
					11H15-12H15 kids 7-11 ans	11:00-12:00 Circuit Training
				17H30-18H Circuit Training		
18:00-19:00 Hyro Fit			18:30-19:30 Hyro Fit			
19:00-20:00 Kick Boxing	19:00-20:00 Hyro Fit					