

HORAIRES COURS FITNESS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					Body Circuit 9H30	Body Band 9H30
				Barre Booty+ Core 10H00		
					Boxing 11H00	
	BarreHIIT 12H15	Power Barre 12H15	Body Circuit 12H15			
BarreHIIT 18H15	Barre Booty+ Core 18H15	Boxing 18H00	Power Barre 18H15			
Boxing 19H30	Power Yoga 19H30	Body Circuit 19H15	Barre Booty+ Core 19H15			
		Power Yoga 20H15				