

HORAIRES COURS FITNESS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					Body Circuit 9H30	Pilates Band 9H30
Pilates Arms+core 11H00				Barre Booty+ Core 10H00	Boxing 10H30	
	BarreHIIT 12H15	Barre Strong 12H15			BarreHIIT 12H00	
BarreHIIT 18H00	Barre Booty+ Core 18H00	Body Circuit 18H00	Barre Strong 18H00			
Boxing 19H00	Pilates Precision 19H15	Barre Booty+ core 19H00	Pilates Arms+core 19H15			