

PLANNING DES COURS saison 2016/2017

TEL : 0603901020

36 COURS/ SEMAINE COACHES TOUS NIVEAUX.

LUNDI	MARDI	mercredi	JEUDI	VENDREDI	SAMEDI
9 H 30 GYM TRAINING	9H 30 GYM PILATES	9H30 BODY BALANCE	9H30 renfo dos fessiers abdos	9 H 30 FAC	10 H 00 CROSS TRAINING
12H20 FAC	12 H 20 BODY PUMP	12H20 BODY BALANCE	12 H 20 CROSS TRAINING	12 H 20 ZUMBA	11H00 BIKE /RPM
17 h 30 BODY PUMP	17H15 BODY BALANCE	17H30 GYM PILATES	17 H 30 F.A.C	17 h 45 STEP	DU LUNDI AU SAMEDI
18 h 30 SH'BAM	18h15 STEP	18H30 BODY PUMP	18h30 ZUMBA	18H30 BODY FLEX	MSCULATION CARDIO TRAINING
19h30 BODYBALANCE	19H 20 CROSS TRAINING	19H30 FAC	19 H 30 BODY PUMP	19H20 FIT BOXE	7 H00 / 22 H00 NON STOP
20H15 ABDOS FESSIERS 30'					DIMANCHE 8 H00/20H00

COURS DE BIKE RPM

17H45 BIKE RPM 12 H20 BIKE RPM 12H20 BIKE RPM
 19h30 BIKE RPM 18H30 BIKE RPM 19H00 BIKE RPM 18 H30 BIKE RPM 17 h 45 BIKE RPM

ESPACE FORM - Le Medicis - 32 rue de la Motte - 71100 CHALON SUR SAONE
06.03.90.10.20