

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

9h30

GYM DOUCE

CAF

cours en digital

CARDIO TRAINING

YOGA

ANIMAL FLOW level 2

11h00

CROSS TRAINING

CROSS TRAINING



CROSS TRAINING

CAF

CROSS TRAINING

12h15

FAST TRAINING 35'

FAST TRAINING 35'

surveillance plateau

FAST TRAINING 35'

CALI

BIKING digi

17h00

CARDIO TRAINING

17h15

BIKING digi

PILATES

CROSS TRAINING 18h00

CROSS TRAINING

cours en digital



horaires présence coachs

18h15

CAF

PUMP

ANIMAL FLOW level 1

GYM DOUCE



surveillance plateau

du lundi au vendredi

9h00 à 13h00

17h00 à 20h00

samedi

9h00 à 13h00

19h15

BODY STEP

CAF

CALI

PUMP

cours en petits groupes // inscription sur l'application

