

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8H30	Digi BOXING	Digi BIKING	Digi STRETCH	Digi PILATES	Digi STRETCH	Digi BOXING	Digi PILATES
9H30	GYM DOUCE	CAF	YOGA	TRAINING	CAF	ANIMAL FLOW (R)	Digi BIKING
11H00	Digi BIKING	Digi PILATES	INTEGRAL	Digi BIKING	Digi PILATES	Digi STRETCH	Digi BODY SCULPT
12H15	Digi BODY SCULPT	Digi BOXING	Digi BIKING	Digi BODY SCULPT	Digi BOXING	Digi BIKING	Digi BOXING
17H15	CAF	Digi PILATES	Digi BOXING	Digi BIKING	INTEGRAL		
18H15	ANIMAL FLOW (R)	PUMP	CAF/HIIT	GYM DOUCE	STEP débutant		
19H15	STEP intermédiaire	CAF	Digi BIKING	PUMP	Digi BODY SCULPT		
20H15	Digi STRETCH	Digi BIKING	Digi BODY SCULPT	Digi BOXING	Digi BIKING		

Souscription au pass d'accès
5h 23h 7j/7 pour les cours de
8h30, 20h15 et du dimanche


**PLANNING SEANCES
CROSS TRAINING**

Pensez à réserver votre cours sur
