

FITNESS 2023

Horaires valables à partir du 02/01/23

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9h	9.15 > 10.00 Fit Forme	9.15 > 10.00 Fit Douce	9.15 > 10.00 Fit CAF	9.15 > 10.00 Fit Forme	9.15 > 10.00 Fit Douce	9.15 > 10.00 Fit Stretch	NEW 9.15 > 10.00 Fit Forme
10h	10.15 > 11.00 Fit Sculpt	10.15 > 11.00 Fit Cross	10.15 > 11.00 Fit Barre	10.15 > 11.00 Fit Hiit	10.15 > 11.00 Fit Cross	10.15 > 11.00 Fit CAF	10.15 > 11.00 Fit Tabata
11h	11.15 > 12.00 Fit Stretch	11.15 > 12.00 Fit Sculpt	11.15 > 12.00 Fit Step	11.15 > 12.00 Fit Sculpt	11.15 > 12.00 Fit Barre	11.15 > 12.00 Fit Cross	11.15 > 12.00 Fit Sculpt
12h	12.15 > 13.00 Fit Tabata	12.15 > 13.00 Fit Dance	12.15 > 13.00 Fit Hiit	12.15 > 13.00 Fit CAF	12.15 > 13.00 Fit Boxe	NEW 12.15 > 13.00 Fit Tabata	NEW 12.15 > 13.00 Fit Step
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17h	17.15 > 18.00 Fit Forme				17.15 > 18.00 Fit Stretch		
18h	18.15 > 19.00 Fit CAF	18.15 > 19.00 Fit Stretch	18.15 > 19.00 Fit Dance		NEW 18.15 > 19.00 Fit CAF		
19h	NEW 19.15 > 20.00 Fit Hiit	19.15 > 20.00 Fit Hiit	19.15 > 20.00 Fit Boxe				
20h		20.15 > 21.00 Fit Step	NEW 20.15 > 21.00 Fit Stretch				
21h							

Fit CAF : Cuisses Abdos Fessiers