

PLANNING COURS COLLECTIFS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

WELLNESS

OLYMPIA

WELLNESS

OLYMPIA

WELLNESS

OLYMPIA

WELLNESS

OLYMPIA

WELLNESS

OLYMPIA

9h15 - 10h00

Full Body

Cuisses Abdos
Fessiers

Mix Fit

Circuit
training barre

Mix Fit

10h00 - 10h45

Pilates

Yoga

Mobilité
Postural

Yoga

Core

11h15 - 12h00

12h30 - 13h15

Cross Training

Coach Time

Cuisses Abdos
Fessiers

Coach Time

Coach Time

Circuit
Training

Coach Time

Pilates

Coach Time

17h15 - 18h00

Coach Time

Coach Time

Coach Time

18h00 - 18h45

Coach Time

18h15 - 19h00

Full Body
Mix Fit

Cuisses Abdos
Fessiers

Mobilité
Postural

18h30 - 19h15

Full Body

18h45 - 19h30

Coach Time

19h - 19h45

Coach Time

Coach Time

Coach Time

Yoga

19h15 - 20h00

Pilates

CROSS TRAINING

BIEN-ÊTRE

RENFORCEMENT

CENTRE
WELLNESS
LEARN AND GROW

OLYMPIA
GYM CENTER