

Lundi

Mardi

Mercredi

Jeudi

Vendredi

(Selon la demande)

Pilates
09:30-10:30

Yoga
11:30-12:30

Cross Training
12:30-13:15

Pilates
12:15-13:15

Cardio
12:30-13:15

Cardio
17:30-18:30

Pilates
17:30-18:30

Renforcement
musculaire
18:00-19:00

Yoga
17:30-18:30

Cross Training
18:30-19:30

Cross Training
18:30-19:30

Renforcement
musculaire
18:30-19:30

Functionnal
19:00-20:00

Yoga
19:30-20:30

Functionnal
19:30-20:15

PRO
FORM
CONCEPT