

Planning des cours collectifs avec coach

Lattes

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

12h00

Skill

Abs Flash

Butt Flash

Burn Flash

Abs Flash

12h15

Cross Training

Biking

Step 1

Body Sculpt

Body Sculpt

18h00

Abs Flash

Butt Flash

Skill

Butt Flash

18h15

Step Cardio

Body Sculpt

**Cross
Training**

**Cross
Training**

19h00

Body Sculpt

Stretching

Pilates

**Suspension
Training**