



1 CARTE = 3 CLUBS

SANS ENGAGEMENT !

6H/23H  
7J/7

CASTELNAUDARY

LUNDI				MARDI				MERCREDI				JEUDI				VENDREDI				SAMEDI			
H	Cours			H	Cours			H	Cours			H	Cours			H	Cours			H	Cours		
9:30	CUISSES ABDOS FESSIERS	30'	salle fitness	9:30	SCULPT	30'	salle fitness	9:30	PILATES	45'	salle fitness	9:30	PUMP	30'	salle fitness	9:30	MOBILITY	30'	salle fitness	10:00	ATHLETIC +	30'	salle fitness
10:00	PILATES	30'	salle fitness	10:00	STRETCH	15'	salle fitness	10h30	ATHLETIC +	30'	salle fitness	10:00	CUISSES ABDOS FESSIERS	30'	salle fitness					11:00	RPM	45'	salle Cycling
12:30	PUMP	30'	salle fitness	12:30	COMBAT	30'	salle fitness	12:30	RPM	30'	salle Cycling	12:30	CUISSES ABDOS FESSIERS	30'	salle fitness	12:30	BOXING +	30'	salle fitness				
17:30	CUISSES ABDOS FESSIERS	30'	salle fitness	18:00	CYCLING +	30'	salle Cycling	18:00	CUISSES ABDOS FESSIERS	30'	salle fitness	18:00	PILATES	45'	salle fitness	18:00	RPM	45'	salle Cycling				
18:00	ATTACK	45'	salle fitness	18:45	COMBAT	45'	salle fitness	18:30	ATTACK	45'	salle fitness	18:45	PUMP	45'	salle fitness	18:45	COMBAT	45'	salle fitness				
18:45	PUMP	45'	salle fitness	19:30	STEP	45'	salle fitness	19:30	ATHLETIC +	30'	salle fitness	19:30	ZUMBA	45'	salle fitness	19:30	ATHLETIC +	30'	salle fitness				
19:30	BOXING +	30'	salle fitness					19:30	RPM	45'	salle Cycling	19:30	CYCLING +	30'	salle Cycling								
19:45	RPM	45'	salle Cycling																				

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