

1 CARTE = 3 CLUBS

SANS ENGAGEMENT !

6H/23H
7J/7

REVEL

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'	45'	9:30	PUMP	30'	salle fitness				
10:30	PILATES	30'	salle fitness	10:00	RPM	30'	salle Cycling					10:00	STRETCH	15'	15'	10:00	CUISSES ABDOS FESSIERS	30'	salle fitness	10:00			
12:30	CUISSES ABDOS FESSIERS	30'	salle fitness	12:30	CROSS TRAINING	30'	salle fitness					12:30	PILATES	30'	30'	12:30	RPM	30'	salle Cycling				
18:00	PUMP	45'	salle fitness	18:00	RPM	45'	salle Cycling	18:00	PILATES	45'	salle fitness	18:00	ATTACK	45'	45'	18:00	ZUMBA	45'	salle fitness				
18:45	ATTACK	45'	salle fitness	18:45	TAILLE ABDOS	30'	salle fitness	18:45	PUMP	30'	salle fitness	18:45	STEP	45'	45'	18:45	CUISSES ABDOS FESSIERS	30'	salle fitness				
19:30	CUISSES ABDOS FESSIERS	30'	salle fitness	19:15	PILATES	45'	salle fitness	19:15	COMBAT	30'	salle fitness	19:30	RPM	45'	salle Cycling								

