



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	10h:30	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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