

PLANNING COURS-CO

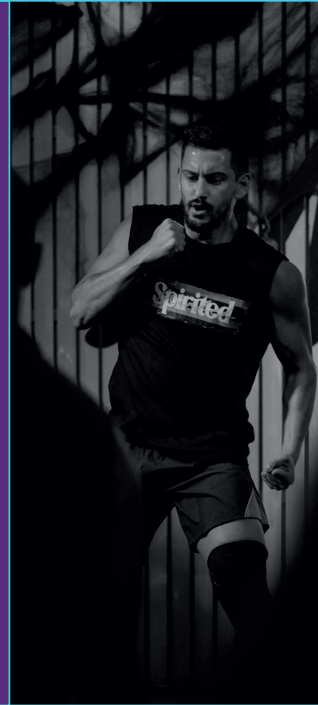
CASTELNAUDARY
2022-2023

LUNDI

- 09:30 CAF
- 10:00 PILATES
- 12:30 PUMP
- 18:00 ATTACK
- 18:30 PUMP
- 19:00 CORE
- 19:45 BOXING +
ET
RPM

MARDI

- 09:30 PUMP
- 10:00 CORE
- 12:30 COMBAT
- 18:00 CORE
ET
CYCLING +
- 18:30 COMBAT
- 19:15 STEP



MERCREDI

- 09:30 PILATES
- 12:30 CORE
- 18:00 CAF
- 18:30 ATTACK
- 19:30 ATHLETIC +
- 19:15 RPM

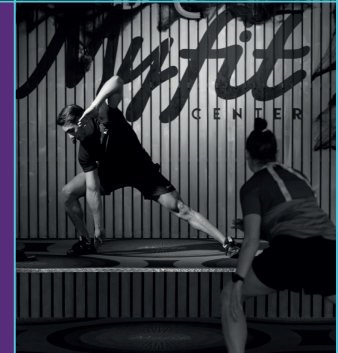
JEUDI

- 09:30 SCULPT
- 10:00 STRETCH
- 12:30 BOXING +
- 18:00 PILATES
- 18:45 PUMP
- 19:30 ZUMBA
ET
CYCLING +



VENDREDI

- 09:30 MOBILITY
- 12:30 PILATES
- 18:00 RPM
- 18:45 CORE
- 19:30 ATHLETIC +



SAMEDI

- 10:00 PUMP
- 10:30 CORE
- 11:00 RPM

04 68 60 10 61

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MON TÉLÉPHONE

