

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9H30	ABDO30' 30'	STRETCHING 50'		GYM DOUCE 50'	
10H00	GYM DOUCE 30'				ABDO30' 30'
10H30	ABDO30' 30'	GYM DOUCE 50'		STRETCHING 50'	STRETCH30' 30'
12H15	SLIM CIRCUIT 30'	TRAINING 30'		CAF 30'	SLIM CIRCUIT 30'
16H30			CROSS-T 30'		
18H00	SLIM CIRCUIT 30'	ZUMBA 50'	SLIM CIRCUIT 45'	ABDO FESSIER 30'	STRONG 50'
18H30	PUMP 50'			STEP 45'	
19H00		CAF 45'	STRETCHING 30'		STRETCHING 30'
19H30	TRAINING 45'			FUSION 30'	TRAINING 45'
19H45		STRETCHING 30'			
20H30					

Vos Coachs Fitness



Aurélie



Mathilde



Mael

S'inscrire à un Cours ?

l'accueil

Internet :

statera@atlantic-challenges.fr

Téléphone :

05 46 43 57 30