

SYNERGY'FIT

PLANNING DES COURS

					
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	
17h45 ● bodysculpt (sp) ● pilâtes dynamic (si) 18h40 zumba	9H30 gym	17h45 bodybarre	12h30 pilâtes	17h45 ● renfo.musc (sp) ● cardio.train (si)	
18h40 zumba	17h45 stretching	18h40 ● step debt (sp) ● step inter (si)	17h45 caf	18h40 aerodance inter (sp)/début (si)	
19H30 ● pilâtes dynamic (sp) ● bodysculpt (si)	18h40 ● fitball (sp) ● pilâtes (si)		18h40 ● step-initia (sp) ● trampo (si)		
			19h30 fitboxe		

(sp) Semaine paire • (si) semaine impaire

Réservation obligatoire bike pilâtes trampo via l'application SPOUND

(Planning susceptible de modification)

