

PROGRAMME GYM LES BRUYÈRES

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI
8H45	SCULPT 30mn		RENFO CARDIO 45mn						ATTACK (SI **) 30mn
9H00							PUMP 45mn		
9H15	PILATES 45mn				TFAC 45mn				TFAC 45mn
9H30	TFAC S2 45mn		BIKE 45mn						
9H45							LIA niv1 45mn		
10H15	STRETCH S1 45Mn				STRETCH 45mn				STRETCH 45mn
10H30			STRETCH 45mn				BALANCE 45mn		
11H00	GYM DOUCE 45mn								GYM DOUCE 45mn
12H25	PILATES45mn	ATTACK/COMBAT	TFAC 45mn	RPM 45mn					SH'BAM S1 45mn
12H30					PUMP 45mn		Stretch 45mn	RPM 45mn	CXWORX S2 30mn
14H30	PUMP S1 60mn								SCULPT/TFAC S1 60mn
17H15			RPM 45mn		ATTACK 30mn				
17H30	TFAC S2 30mn						TFAC S1 30mn		
17H45	LIA niv1 S1 45mn						RPM 45mn		CARDIO S1 30mn
18H00	CXWORX S2 30mn		TFAC S1 45 mn		PUMP60mn	PILATES S230mn	STEP niv1 S1 45mn		
18H15	RPM 45mn						CXWORX S2 30mn		ABDO/DOS30mn
18H30	BALANCES2	ATTACK 60 mn			STRETCH S2 30mn				ZUMBA S1 45mn
18H45			RPM	COMBAT 50 mn	STRETCH			ATTACK S145mn	BALANCE45mn
19H05					LIA niv2 S1 45mn				
19H15	RPM 45mn				RPM 45mn	COMBATS230mn			RPM 45mn
19H30	PUMP S1 45mn						PILATES YOGA 45mn		
19h35	STRETCH 45mn		SH'BAM S1 45mn				ZUMBA45mn	RPM 45mn	
19H45					ZUMBA S2 60mn				
	SAMEDI : 9H30 RPM 9H45 CXWORX S1 30mn 10H30 BALANCE S2 10H30 PUMP 11H45 SH'HBAM				DIMANCHE : 11H00 TFAC		11H30 STRETCH		(** SI Sans Impact)

