



# Fullfitness

centre de remise en forme



LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
10:00 10:45	<b>FULL GYM</b>	10:00 10:45	<b>PILATES</b>	10:00 10:45	<b>FULL SCULPT</b>	10:00 10:45	<b>CAF</b>	10:00 10:45	<b>FULL SCULPT</b>	10:15 11:15	<b>FULL PUMP</b>	10:15 11:00	<b>FULL SCULPT</b>
10:45 11:30	<b>CAF</b>	10:45 11:30	<b>FULL GYM</b>	10:45 11:30	<b>STRETCHING RELAXATION</b>	10:45 11:30	<b>PILATES</b>	10:45 11:30	<b>CAF</b>	11:15 12:00	<b>CARDIO BOXING</b>	11:00 11:45	<b>TBC</b>
12:30 13:00	<b>TBC</b>	12:30 13:15	<b>FULL PUMP</b>	12:30 13:00	<b>CAF</b>	12:30 13:00	<b>FULL SCULPT</b>	12:30 13:15	<b>TBC</b>			11:45 12:30	<b>ABDOS STRETCHING</b>
13:00 13:30	<b>FULL SCULPT</b>			13:00 13:30	<b>FULL CORE</b>	13:00 13:30	<b>CARDIO TRAINING</b>						

La direction se réserve le droit de modifier le planning à tout moment

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
18:00 18:45	<b>TABATA</b>	18:00 18:45	<b>CAF</b>	18:00 18:45	<b>FULL FIGHT</b>	18:00 18:45	<b>TBC</b>	18:00 18:45	<b>PILATES</b>
18:45 19:30	<b>FULL PUMP</b>	18:45 19:45	<b>ZUMBA</b> 	18:45 19:30	<b>FULL ATTACK</b>	18:45 19:30	<b>CAF</b>	18:45 19:30	<b>INTERVAL TRAINING</b>
19:30 20:15	<b>FULL ATTACK</b>	19:45 20:30	<b>STEP DÉBUTANT</b>	19:30 20:30	<b>FULL PUMP</b>	19:30 20:15	<b>PILATES</b>		
20:15 21:00	<b>CAF</b>								

## CUGNAUX

**LUNDI AU VENDREDI**  
7h00 / 22h00

**SAMEDI** | **DIMANCHE**  
09h00 / 18h00 | 09h00 / 17h00

05 61 11 00 00