



Fullfitness

centre de remise en forme



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

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

18:00 18:45	TABATA	18:00 18:45	CAF	18:00 18:45	FULL FIGHT	18:00 18:45	TBC	18:00 18:45	PILATES
18:45 19:30	FULL PUMP	18:45 19:45	ZUMBA 	18:45 19:30	FULL ATTACK	18:45 19:30	CAF	18:45 19:30	INTERVAL TRAINING
19:30 20:15	FULL ATTACK	19:45 20:45	STEP DÉBUTANT	19:30 20:30	FULL PUMP	19:30 20:15	PILATES		
20:15 21:00	CAF								

CUGNAUX

LUNDI AU VENDREDI
7h00 / 22h00

SAMEDI
09h00 / 18h00

DIMANCHE
09h00 / 17h00

05 61 11 00 00