




Fullfitness

centre de remise en forme



LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
10:00	FULL GYM	10:00	PILATES	10:00	FULL SCULPT	10:00	CAF	10:00	FULL SCULPT	10:15	FULL PUMP	10:15	FULL SCULPT
10:45	CAF	10:45	FULL GYM	10:45	STRETCHING RELAXATION	10:45	PILATES	10:45	CAF	11:00	CARDIO BOXING	11:00	TBC
12:30	TBC	12:30	FULL PUMP	12:30	CAF	12:30	FULL SCULPT	12:30	ZUMBA	11:45	CIRCUIT TRAINING	11:45	ABDOS STRETCHING
13:00	FULL SCULPT			13:00	FULL CORE	13:00	CARDIO TRAINING			La direction se réserve le droit de modifier le planning à tout moment			
18:00	TABATA	18:00	CAF	18:00	FULL FIGHT	18:00	TBC	18:00	PILATES	 CUGNAUX LUNDI AU VENDREDI 8h00 / 21h30 SAMEDI DIMANCHE 10h00 / 19h00 10h00 / 18h00 05 61 11 00 00			
18:45	FULL PUMP	18:45	ZUMBA	18:45	FULL ATTACK	18:45	CAF	18:45	INTERVAL TRAINING				
19:30	FULL ATTACK	19:45	STEP DÉBUTANT	19:30	FULL PUMP	19:30	PILATES						
20:15	CAF	20:30	ABDOS KILLER										