



# Fullfitness

centre de remise en forme

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
10:00 10:45	<b>LES MILLS BODYPUMP</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>	09:15 10:00	<b>PILATES</b>	09:15 10:00	<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>STRETCHING POSTURAL</b>	10:00 11:00	<b>LES MILLS BODYPUMP</b>	10:00 10:45	<b>FUNCTIONAL TRAINING</b>
12:30 13:15	<b>FUNCTIONAL TRAINING</b>	12:30 13:15	<b>LES MILLS BODYPUMP</b>	12:30 13:15	<b>CAF</b>	12:30 13:15	<b>LES MILLS BODYCOMBAT</b>	12:30 13:15	<b>LES MILLS BODYPUMP</b>	11:00 11:45	<b>LES MILLS BODYCOMBAT</b>	10:45 11:30	<b>ABDOS STRETCHING</b>

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
18:00 18:45	<b>LES MILLS BODYPUMP</b>	18:00 18:45	<b>FUNCTIONAL TRAINING</b>	18:00 18:45	<b>LES MILLS BODYCOMBAT</b>	18:00 18:45	<b>FUNCTIONAL TRAINING</b>	18:00 18:45	<b>PILATES</b>
18:45 19:30	<b>FULL ATTACK</b>	18:45 19:45	<b>ZUMBA</b> 	18:45 19:30	<b>FUNCTIONAL TRAINING</b>	18:45 19:30	<b>CAF</b>	18:45 19:30	<b>STEP DÉBUTANT</b>
19:30 20:15	<b>CAF</b>	19:45 20:45	<b>STEP INTERMÉDIAIRE</b>	19:30 20:15	<b>LES MILLS BODYPUMP</b>	19:30 20:15	<b>PILATES</b>		

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

**OUVERT 7J/7**

**CUGNAUX**

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

**SAMEDI** | **DIMANCHE**  
09h00 / 19h00 | 09h00 / 19h00

**05 61 11 00 00**