



Fullfitness

centre de remise en forme

POWERED BY **PANATTA**
Worldwide Fitness Company



LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
10:00	FULL GYM	10:00	PILATES	10:00	FULL GYM	10:00	CAF	10:00	FULL SCULPT	10:15	FULL PUMP	10:15	FULL SCULPT
10:45	CAF	10:45	FULL GYM	10:45	ABDOS STRETCH	10:45	PILATES	10:45	STRETCHING	11:00	STEP CONFIRMÉ	11:00	TBC
10:45	CAF	11:30	FULL GYM	11:30	ABDOS STRETCH	11:30	PILATES	11:30	STRETCHING	11:00	STEP CONFIRMÉ	11:00	TBC
12:30	TBC <i>FULL BIKE</i>	12:30	FULL PUMP	12:30	CAF	12:30	ZUMBA 🕺	12:30	FULL GYM	12:30	FULL GYM		
13:00	STEP DÉBUTANT	13:00	ABDOS	13:00	PILATES	13:00	CAF	13:00	FULL BIKE				
13:00	STEP DÉBUTANT	13:30	ABDOS	13:30	PILATES	13:30	CAF	13:30	FULL BIKE				

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

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
18:00	FULL PUMP	18:00	FULL ATTACK	18:00	FULL FIGHT	18:00	FULL SCULPT <i>FULL BIKE</i>	18:00	PILATES
18:45	FUNCTIONAL TRAINING <i>FULL BIKE</i>	18:45	ZUMBA 🕺	18:45	FULL BIKE	18:45	ZUMBA 🕺	18:45	STEP DÉBUTANT
18:45	FUNCTIONAL TRAINING <i>FULL BIKE</i>	19:30	BIKE	18:45	FULL PUMP	18:45	ZUMBA 🕺	19:30	STEP DÉBUTANT
19:30	CAF	19:45	TBC	19:45	STEP INTERMED.	19:45	PILATES		
20:15	CAF	20:15	BIKE	19:45	STEP INTERMED.	20:30	PILATES		
20:15	CAF	20:30	TBC	20:45	STEP INTERMED.				

OUVERT 7J/7

LA PLAINE

LUNDI AU VENDREDI
7h00 / 22h00

SAMEDI
09h00 / 18h00

DIMANCHE
09h00 / 17h00

05 61 20 30 30