



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
12:30	FULL SCULPT FULL BIKE	12:30	FULL PUMP	12:30	CAF	12:30	ZUMBA	12:30	FULL GYM	La direction se réserve le droit de modifier le planning à tout moment			
13:00	STEP DÉBUTANT	13:00	ABDOS	13:00	PILATES	13:00	CAF	13:00	FULL BIKE				



LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
18:00	FULL PUMP	18:00	FULL ATTACK	18:00	FULL FIGHT	18:00	FULL SCULPT FULL BIKE	18:00	PILATES	OUVERT 7J/7 LA PLAINE LUNDI AU VENDREDI 8h00 / 21h30 SAMEDI 10h00 / 19h00 DIMANCHE 10h00 / 18h00 05 61 20 30 30			
18:45	FUNCTIONAL TRAINING FULL BIKE	18:30 19:15	BIKE 80's	18:45	FULL PUMP FULL BIKE	18:45	ZUMBA	18:45	STEP DÉBUTANT				
19:30	CAF	18:45 19:40	ZUMBA	19:30	STEP INTERMED.	19:45	PILATES						

OUVERT 7J/7

LA PLAINE

LUNDI AU VENDREDI
8h00 / 21h30

SAMEDI
10h00 / 19h00 | **DIMANCHE**
10h00 / 18h00

05 61 20 30 30