

Planning ENERGYM 100% FITNESS



de
300
cours/mois

Durée
des cours:
45 min
*60 min
⚡30 min
(2) Salle n°2

**Parking Gratuit
Assuré**



MATIN

heure	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15	GYM			GYM		GYM (2)
9h30	AQUA GYM	BODY I AM *	rpm *	AQUA TRAINING	Abdo fess ⚡	BODY PUMP *
9h30		AQUA MAX *	Training minc.		AQUA GYM	
10h	BODY PUMP		Abdo fess ⚡	BODY PUMP *	Training minc. ⚡	rpm
10h						AQUA GYM
10h15	Abdo fess (2) ⚡				AQUA GYM	
10h30		Cuiss abdo fess	Stretch	BODY AQUA	Stretch	TBC minc.
10h30			AQUA MAX *			
10h45	AQUA TRAINING					AQUA GYM
10h45	Stretch					
11h		Training minc. ⚡				Stretch (2)
12h30	GYM	BODY PUMP	Cuiss abdo fess	BODY COMBAT *	BODY PUMP	
12h30	AQUA FLASH ⚡	rpm *	AQUA GYM	AQUA GYM	rpm *	

SOIR

17h	GYM	TBC minc. ⚡	BODY PUMP *	Abdo fess ⚡	STEP deb.
17h			Abdo fess (2) ⚡		
17h30	AQUA GYM			BODY PUMP *	
17h30		GYM		AQUA FLASH ⚡	
17h45	STEP med. ⚡	AQUA GYM			Abdo fess (2) ⚡
17h45	Training minc. (2) ⚡				
18h			AQUA MAX *	AQUA STEP *	BODY COMBAT *
18h15		BODY COMBAT *	HI LOW *		
18h30	rpm *	AQUA STEP		STEP conf. ⚡	AQUA GYM
18h45	BODY PUMP *				
19h	AQUA MAX *			rpm *	rpm *
19h15		BODY I AM *	GYM		BODY I AM *
19h45				Cuiss abdo fess	
20h	Stretch		Stretch		



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 Ligne bus 3 : Arret EUROPE
 Ligne navette 30 : Arret EUROPE