


PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

TERRASSES DU PORT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
12h15-13h00	12h15-13h00	12h15-13h00	12h15-13h00	12h15-13h00	
CIRCUIT TRAINING	BODY SCULPT	ZUMBA	CAF	RPM	
18h15-19h00	18h15-19h00	18h15-19h00	18h15-19h00	18h15-19h00	
BODY SCULPT	CIRCUIT TRAINING	BODY SCULPT	ZUMBA	CAF	
19h00-19h45	19h00-19h45	19h00-19h45	19h00-19h45		
HIIT	STEP	RPM	RPM		

RÉSERVATION OBLIGATOIRE sur  l'application FitnessPark.