

HORAIRES

Lundi - dimanche 5H30-23H

New Planning 2023 - 2024

POWERNESS
Sport Santé Famille

La direction se réserve le droit de modifier le planning, le cas échéant

LUNDI

12h30 - 13h
CROSS TRAINING

17h30 - 18h
BODY BARRE

18h - 18h15
ABDOS HYPOPRESSIFS

18h15 - 19h
BIKE

19h15 - 19h45
CROSS TRAINING

MARDI

12h30 - 13h

RENFORCEMENT MUSCULAIRE

18h - 18h30
CROSS TRAINING

19h - 20h
PÔLE DANCE

JEUDI

12h30 - 13h

RENFORCEMENT MUSCULAIRE

18h - 18h45
**RENFORCEMENT MUSCULAIRE
STRETCH**

VENDREDI

12h30 - 13h

CROSS TRAINING

18h15 - 18h45
CROSS TRAINING

MERCREDI

9h15 - 10h

**RENFORCEMENT MUSCULAIRE
STRETCH**

12h30 - 13h

CROSS TRAINING

18h15 - 18h45
CROSS TRAINING

SAMEDI

10h - 10h45

CROSS TRAINING

DIMANCHE

10h - 11h

**RENFORCEMENT MUSCULAIRE
STRETCH**