

VOTRE PLANNING STUDIO LIVE

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9h30	 PILATES	LES MILLS BODYPUMP	 Fit Poussette	 3 CUISSSES ABDOS FESSIERS	LES MILLS BODYPUMP
10h15	 BIKING	LES MILLS BODYCOMBAT		 STRETCHING	YOGA 
12h20	 ZUMBA	 PILATES	 BIKING	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT
	Lundi	Mardi	Mercredi	Jeudi	Vendredi
17h30	LES MILLS BODYPUMP	FIT'LATINO 	 PILATES	 3 CUISSSES ABDOS FESSIERS	 STRONG + ZUMBA
18h30	 3 CUISSSES ABDOS FESSIERS	 3 CUISSSES ABDOS FESSIERS	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
19h30	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		ZUMBA

X-FIT

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9h00	Open gym	Open gym	Open gym	Open gym	Open gym
12h20	WOD	WOD	Open gym	WOD	Open gym
14h-17h	Open gym	Open gym	Open gym	Open gym	Open gym
18h00	X-FIT	X-FIT	Open gym	X-FIT	Open gym
19h00	X-FIT	X-FIT		X-FIT	
20h00	X-FIT	X-FIT		X-FIT	

Votre planning

BIKING



Lundi

10h15 45"

18h30 45"

Mardi

18h30 45"

Mercredi

12h20 55"

Jeudi

18h30 45"

Vendredi

19h30 60"



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