

PLANNING 2017/2018

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SIMPLY VIDEO

SIMPLY VIDEO

SIMPLY VIDEO

SIMPLY VIDEO

SIMPLY VIDEO



9:45-10:15

PILATES



12 :45-13 :15

ABDOS FESSIERS



12 :45-13 :15

SIMPLY BARRES



12 :45-13 :15

PILATES



18 :00-18 :30

SIMPLY BARRES



18 :00-18 :30

PILATES



18 :00-18 :30

ABDOS FESSIERS



18 :00-18 :30

BUSTES

SIMPLY VIDEO



18 :30-19 :00

STRETCHING



18 :30-19:00

SIMPLY CROSS



18 :30-19:00

SIMPLY BARRES



18 :30-19 :00

YOGA



19 :00-19 :30

ABDOS FESSIERS



19 :00-19 :30

BUSTE



19 :00-19 :30

STRETCHING



19 :00-19 :30

PILATES

SIMPLY VIDEO

SAMEDI et DIMANCHE : cours vidéo à la demande via la borne interactive
SIMPLY VIDEO = cours vidéo à la demande, disponibles via la borne interactive.

Simplygym
CONCEPT