

PLANNING 2017/2018

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SIMPLY VIDEO



12 :30-13 :15
TONING

SIMPLY VIDEO



12 :30-13 :15
TABATA

SIMPLY VIDEO

SIMPLY VIDEO



12 :30-13 :15
BODY SCULT

SIMPLY VIDEO



12 :30-13 :15
TABATA

SIMPLY VIDEO

SIMPLY VIDEO



18 :00-18 :30
TABATA



18 :00-18 :45
BODY SCULT

SIMPLY VIDEO

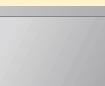
SIMPLY VIDEO



18 :00-18 :45
STEP RENFO



18 :00-18 :45
BODY SCULT



SIMPLY VIDEO



18 :30-19 :15
STEP RENFO



18 :45-19:15
PILATES



18 :45-19:15
TONING



18 :45-19:15
PILATES



19 :15 – 19 :30
ABDOS



19 :15 – 19 :30
TABATA INTENSIF



19 :15 – 19 :30
STRETCHING



19 :15 – 19 :30
ABDOS



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