

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30 – 10h15 Body Sculpt	09h30 – 10h30 Circuit minceur	9h30 – 10h15 Fit Boxing	9h30 – 10h30 Pilates	09h30 – 10h20 Cuisses. Abdos Fessiers	9h30 – 10h25 Cardio-boxing
10h20 – 10h50 Abdos Taille		10h20 – 10h45 Cuisses.Abdos Fessiers		10h25 – 11h10 Yoga détente	10h30 – 11h10 Cuisses.Abdos .Fessiers
10h50 – 11h30 Yoga		10h45 – 11h00 Stretching			11h15 – 12h00 Cardio-Attack
12h15 – 13h00 Functional training					
18h30 – 19h00 Cuisses. Abdos Fessiers	18h30 – 19h15 Fit Boxing	18h30 – 19h15 Pilates	18h00 – 18h45 Pilates	18h30 – 19h15 Fit Boxing	Dimanche
19h10 – 19h55 Body Barre	19h20 – 20h10 Body Sculpt renf.cardio	19h15 – 20h00 Circuit cardio/renf	18h45 – 19h30 Body Barre	19h20 – 20h15 Circuit minceur	9h45 – 10h30 Step Débutant
19h00 – 19h45 Functional training	19h15 – 20h00 Functional training	19h15 – 20h00 Functional training	18h45 – 19h30 Functional training		10h30 – 11h10 Circuit Fit boxing
19h55 – 20h40 Functional training	20h10 – 20h55 Functional training	20h00 – 20h45 Step Débutant	19h30 – 20h30 Yoga		11h15 – 12h15 Pilates
20h00 – 21h00 Zumba	20h15 – 21h00 Yoga		19h40 – 20h25 Functional training		
			20h30 – 21h30 Zumba		

Tous les cours sont sur réservation

-www.energieforme.net ou via
l'application *HEITZFIT 4*