

MOTION VIBES1260

ABO FITNESS

BODY SCULPT

ZUMBA

KICK BOXING

CROSS TRAINING



PROGRAMME

BODY SCULPT

Gymnase, salle B Tandem

- Lundi
- 16h45 - 17h45

ZUMBA

Gymnase, salle B Tandem

- Mardi
- 17h30 - 18h30

KICK BOXING

Gymnase, salle B Tandem

- Mercredi
- 17h - 18h

CROSS-TRAINING

Gymnase, salle de musculation

- Vendredi
- 16h45 - 17h45