

PLANNING

MON STUDIO MONTPELLIER - LATTES

Mon Studio
MUSCULATION • COURS COLLECTIFS • COACHING

LUNDI

10H00

PILATES 45'

12H30

CAF 45' CROSSTRAINING 45'

KANGOO JUMP 60'

18H00

CAF 30'

18H30

BODYATTACK 60' RPM 45'

CROSSTRAINING 45'

19H30

BODYPUMP 60' BOXING 45'

MARDI

10H00

CAF 45'

10H45

STRETCHING 45'

12H30

BODYPUMP 60'

18H00

ABDOS INTENSE 30'

18H30

ZUMBA 45'

CROSSTRAINING 45'

19H30

YOGA DYNAMIQUE 45'

MERCREDI

10H00

PILATES 45'

12H30

BODY SCULPT 30'

18H00

BODY SCULPT 30'

18H30

CROSSTRAINING 45'

STRETCHING MOBILITÉ 45'

19H30

BOXING MMA BODYBALANCE 60'

JEUDI

10H00

BODY SCULPT 30'

12H30

RPM 60' BOXING MMA 45'

CROSSTRAINING 45'

KANGOO JUMP 60'

18H00

RENFO HAUT DU CORPS 30'

18H30

BODYPUMP 60' CROSSTRAINING 45'

STRETCHING 45'

19H30

RPM 45' PILATES 45'

VENDREDI

12H30

BODYPUMP 45'

18H30

RPM 45' CROSSTRAINING 45'

SAMEDI

9H30

KANGOO JUMP 60'

11H00

YOGA 45'

12H00

ZUMBA 45'

13H30

BODYPUMP 60' BODYATTACK 60'

1 SEMAINE SUR 3

16H00

CROSSTRAINING 45'

17H00

DIMANCHE

11H00

BODYPUMP 60'

13H00

BODY ATTACK 60'

13H30

CROSSTRAINING 45'

1 SEMAINE SUR 3

16H30

BODYBALANCE 60'

18H00

ZUMBA 45'

19H00

RPM 45'