

# Fitness

## COURS COLLECTIFS KURSE

Téléchargez le programme.  
Laden Sie das Programm herunter.



	LUNDI MONTAG	MARDI DIENSTAG	MERCREDI MITTWOCH	JEUDI DONNERSTAG	VENDREDI FREITAG	SAMEDI SAMSTAG	DIMANCHE SONNTAG	
09h30		Stretching (60')		Balanced Pilates (60')	Stretching (60')	Stretching (45')	Sunday Detox (60')	09h30
10h30	Taï Chi (60')	FAC (60')	Gym dos (60')	Sculpting (60')	BODYPUMP (45')	BODYPUMP (60')	10h45 Indoor Cycling (60')	10h30
11h30	Pilates (60')	Indoor Cycling (60')	Pilates (60')		Indoor Cycling (60')	Indoor Cycling (60')		11h30
12h30		Qigong (60')						12h30
14h00						Sculpting (60')		14h00
15h00						Cardio HIIT (45')	BODYPUMP (60')	15h00
16h00	Gym douce (60')	Sculpting (60')	Core Training (60')	Gym dos (60')	Strength HIIT (45')		Abdos Killer (30')	16h00
18h15	Sculpting (45')	Abdos Killer (30')	Indoor Cycling (45')	BODYPUMP (60')	Pilates (60')			18h15
19h00	Abdos Killer (30')	18h45 Interval Training (60')	FAC (60')					19h00
19h30	Indoor Cycling (60')			Pilates (60')	Indoor Cycling (60')			19h30

- Cardio training / Cardio training
- Renforcement musculaire / Muskelaufbau
- Bien-être & souplesse / Wohlbefinden & Dehnen

