

Retrouvez votre club Bodycenter for ladies Sainte-Geneviève-des-Bois sur fitness france

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
08:30							
09:00	BIKE	BIKE	BIKE	BIKE	BIKE	BIKE	BIKE
09:30	ZUMBA	BIKE	BIKE	ZUMBA	BIKE	STEP	
10:00							BIKE
10:30	100 % FESSES TAILLES	TABATA	ABS CHALLENGE	BODYBARRE	CXWORX	BODYSULPT	
11:00	STEP	ZUMBA	FUN TONIC	AFRORAGA	ZUMBA	FUN TONIC	BIKE
11:30							
12:00	BIKE	GRIT SERIES	ELASTIC FORM	GRIT PLYO	GRIT SERIES	GRIT PLYO	BIKE
12:30	FUN TONIC	STEP	BIKE	BIKE	AEROBIC	Danse Orientale	
13:00							BIKE
13:30	BODYSULPT		CIRCUIT FORME	ABS CHALLENGE	BIKE		
14:00		BIKE	ATTACK	STEP		ZUMBA	BIKE
14:30	BIKE				BIKE		
15:00		BIKE	BIKE	BIKE		CXWORX	BIKE
15:30	BIKE				BIKE		
16:00		BIKE	BIKE	BIKE		ATTACK	BIKE
16:30	BIKE				BODYSULPT	BODYBARRE	
17:00			Danse Orientale	BIKE			BIKE
17:30		ATTACK			INSANITY	BIKE	
18:00	CXWORX	GRIT SERIES	GRIT PLYO	CIRCUIT BODY CHALLENGE	TABATA		
18:30	L.I.A.	INSANITY	ZUMBA	FUN TONIC	BIKE		
19:00							
19:30	CIRCUIT BODY CHALLENGE	BODYSULPT	GYM & TRX	TABATA	CXWORX		
20:00							
20:30	GAINAGE MAINTIEN & STRETCHING	BIKE	FUN TONIC	ZUMBA	ZUMBA		

Plus de 70 cours par semaine
Cours en petits groupes et sans réservation
100% coachés par des coachs diplômés d'Etat.
Aucun cours en vidéos !