

# Retrouvez votre club ELITE CLUB Maisons-Alfort sur fitness france



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h00 45' MIX FITNESS	10h00 30' INTEGRAL		10h00 45' PUMP	10h00 45' MIX FITNESS	10h00 30' INTEGRAL
10h45 30' STRETCHING	10h30 30' ABDOS FESSIERS		10h45 45' SWISS BALL	10h45 45' POSTURAL	10h30 30' ABDOS FESSIERS
	11h00 45' SWISS BALL				11h00 30' STRETCHING
12h30 30' ABDOS FESSIERS	12h30 45' PUMP		12h30 30' ABDOS FESSIERS	12h30 45' CROSS TRAINING	
18h00 45' MIX FITNESS	18h00 30' ABDOS FESSIERS	18h00 45' ABDOS FESSIERS	18h00 30' INTEGRAL	18h00 30' ABDOS FESSIERS	
18h45 30' ABDOS FESSIERS	18h30 45' PUMP	18h45 45' STEP DEB/INTER	18h30 30' ABDOS FESSIERS	18h30 45' PUMP	
19h15 45' ZUMBA	19h15 45' COMBAT	19h30 60' BOLLYWOOD FITNESS	19h00 45' ZUMBA	19h15 30' STRETCHING	
			19h45 30' CROSS TRAINING		

**Fréquentation à volonté**