

Retrouvez votre club Mouratoglou Country Club Biot sur fitness france

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h30 - 10h FLASH Abdos 30'		09h30 - 10h Réveil Musculaire 30'			10h-10h45 CrossTraining 45'	10h-10h45 BodySculpt 45'
10h - 10h30 Gym & Stretch 30'	10h-11h Aqua Bike 45'	10h - 10h30 CardioSculpt 30'	10h-11h Aqua Bike 45'		10h-11h Aqua Bike 45'	10h-11h Accès Libre 60'
				10h30-11h BodySculpt 30'	11h-12h Yoga 60'	10h45-11h30 Pilates - Stretch 45'
				11h-11h30 Stretching 30'	11h-12h Aqua Gym 45'	11h-12h Aqua Bike 45'
12h30-13h15 Yoga 60'	12h30-13h15 CrossTraining 45'	12h30-13h15 Zumba 45'	12h30-13h15 Yoga 60'	12h30-13h15 STRONG by Zumba 45'		
12h30-13h15 Aqua Bike 45'	12h30-13h15 Aqua Gym 45'	12h30-13h15 Aqua Bike 45'	12h30-13h15 Aqua Gym 45'	12h30-13h15 Aqua Training 45'		
17h30-18h15 Pilates 45'	17h45-18h15 FLASH Abdos 30'	17h30-18h30 Aqua Gym 45'	17h45-18h30 CrossTraining 45'	17h30-18h30 Yoga 60'		
18h15-19h BodySculpt 45'	18h15-19h15 Yoga 60'	17h30-18h15 FIT Jump 45'	18h30-19h15 TRX 45'	18h30-19h FLASH Abdos 30'		
18h-19h Aqua Gym 45'	18h-19h Aqua Bike 45'	18h15-19h Pilates 45'	18h-19h Aqua Bike 45'			
	19h-20h Apprentissage 4 Nages - Adulte 45'	18h30-19h30 Aqua Bike 45'	19h-20h Apprentissage 4 Nages - Adulte 45'			



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