

Planning

Cours Collectifs

Du lundi au vendredi de 7h à 21h / Samedi de 9h à 14h
Fermé le dimanche

 **Club
Monaco**

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

08h30

Yoga

Pilates

Pilates

09h30

Body work

C A F

Body barre

Body sculpt

Body work

10h15

C A F

R F M

C A F

Yoga

Stretching

**10h00
Body training**

12h15

Body barre

Body work

Body training

Zumba

Biking 60"

**10h45
C A F**

13h15

C A F

Cross training

Full abdos

Body barre

**13h30
Core training** 30"

18h00

**17h45
C A F**

Tabata 30"

**18h15
Cross training**

**18h00
Body barre**

C A F

18h30

Shadow boxing

Body barre

**19h00
Tabata ABS** 4"

**18h45
Biking**

19h15

Body training

C A F

Zumba

Shadow boxing

Yoga