

INVICTUS

LE BIEN-ÊTRE PAR LE SPORT

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09h30 – 10h30 BODYPUMP	09h30 – 10h15 RPM		09h30 – 10h15 PILATES	09h30 – 10h15 CAF	10h00 – 11h00 BODYPUMP* 10h00 – 11h30 CROSS TRAINING JUNIORS*
10h45 – 11h30 GYMDOUCE	10h30 – 11h15 COURS SURPRISE			10h15 – 11h00 ETIREMENTS - MOBILITÉ	11h15 – 12h00 RPM*
					*UNIQUEMENT LES SEMAINES IMPAIRES
18h00 – 19h00 CROSS TRAINING 18h00 – 18h45 BODYCOMBAT	18h00 – 18h45 RPM 18h00 – 18h45 COURS SURPRISE	18h00 – 19h00 BODYPUMP	18h00 – 18h45 GYMDOUCE	18h00 – 18h45 BOXE TRAINING 18h00 – 19h00 CIRCUIT MUSCU	
19h00 – 19h45 BODYPUMP	19h00 – 19h30 ABDOS/DOS	19h15 – 20h00 RPM	18h45 – 19h30 CAF	18h45 – 19h45 CROSS TRAINING	
20h00 – 20h30 HIIT	19h30 – 20h15 STEP 19h30 – 20h30 CROSS TRAINING		19h30 – 20h15 BODYCOMBAT		

BRESSUIRE

