

Lundi

10h00
(45mn)
FASHION FITNESS GYM TONIC

10h45
(45mn)
FASHION FITNESS MOBILITÉ/
STRETCHING

18h00
(60mn)
FASHION FITNESS PLATES

19h00
(45mn)
FASHION FITNESS GYM TONIC

19h45
(30mn)
FASHION FITNESS STRETCHING

Mardi

10h00
(45mn)
LES MILLS BODYPUMP

10h45
(60mn)
FASHION FITNESS YOGA

18h00
(30mn)
FASHION FITNESS 100% ARDOS XL

18h30
(60mn)
LES MILLS BODYCOMBAT

19h30
(60mn)
LES MILLS BODYPUMP

Mercredi

18h15
(30mn)
FASHION FITNESS ARDOS TABLE

18h45
(60mn)
LES MILLS BODYATTACK

19h45
(15mn)
FASHION FITNESS STRETCHING

20h00
(45mn)
ZUMBA

Jeudi

10h00
(45mn)
FASHION FITNESS GYM TONIC

10h45
(30mn)
FASHION FITNESS 100% ARDOS XL

18h00
(45mn)
LES MILLS BODYPUMP

18h45
(45mn)
FASHION FITNESS STEP

19h30
(45mn)
FASHION FITNESS PLATES/YOGA

20h15
(45mn)
LES MILLS BODYCOMBAT

Vendredi

10h
(60mn)
FASHION FITNESS PLATES/YOGA

17h30
(30mn)
FASHION FITNESS TAI-CHI/YOGA

18h00
(45mn)
ZUMBA

18h45
(30mn)
FASHION FITNESS CUISSES ARDOS FESSIERS

19h15
(45mn)
LES MILLS BODYATTACK

Samedi

10h00
(45mn)
LES MILLS BODYPUMP

10h45
(45mn)
LES MILLS BODYCOMBAT

11h30
(15mn)
FASHION FITNESS 100% ARDOS Plain

Dimanche

10h30
(45mn)
FASHION FITNESS GYM TONIC

11h15
(30mn)
FASHION FITNESS CUISSES ARDOS FESSIERS

11h45
(30mn)
FASHION FITNESS YOGA FLEX

PLANNING LA NORVILLE FITNESS Janv 2023



Télécharger l'application



Club Connect :
Fitness & Gym



www.fashion-fitness91.com

