

PLANNING DES COURS COLLECTIFS



SUN FORM NÉRAC

À PARTIR DU 01/0/2025

LUNDI

10H30-11H15

PILATES/YOGA *

MARDI

10H30-11H15

TOTAL/FORM
STRETCHING *

MERCREDI

10H30-11H15

BODY
POSTURAL *

JEUDI

VENDREDI

10H30-11H15

PILATES *

17H30-18H00

FULL
MOBILITY *

17H30-18H00

H.I.I.T *

18H30-19H30

PULSE
INTERVAL TRAINING *

18H15-19H00

BIKING *

18H00-18H45

PILATES *

17H45-18H30

PUMP
FORM *

18H45-19H30

BIKING *

19H00-19H45

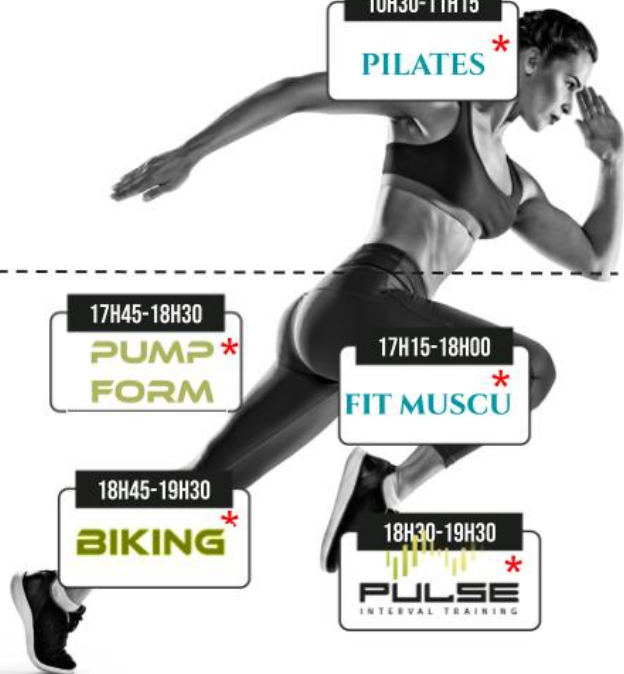
CROSS
TRAINING *

17H15-18H00

FIT MUSCU *

18H30-19H30

PULSE
INTERVAL TRAINING *



* COURS SUR RÉSERVATION