

A compter du 04/02/2019

FERME LES JOURS FERIES

COURS ET ACCES A LA SALLE

A PARTIR DE 16 ANS

COACHING LES JEUDIS ET VENDREDIS 17H/18H



**TONIC & FIT CONCEPT - COMPLEXE SPORTIF 88140 CONTREXEVILLE**



270€ /an ou 100€/trimestre  
(+ 10€ d'adhésion/ass.)

130€/an pour les étudiants.

secretariat@oms-contrex.fr

## LUNDI

## MARDI

## MERCREDI

## JEUDI

## VENDREDI

## SAMEDI

10H/10H45 SPINNING 			9H30/10H15 BODY BARRE 	10H/10H45 Swissball / Elastiques	10H/10H30 BODY AERO 
10H50/11H20 ABDOS FESSIERS 		14H30/15H30 PILATES 	10H20/10H50 ABDOS FESSIERS	10H50/11H20 ABDOS	10H35/11H05 F.A.C 
11H25/11H55 PILATES 		16H/16H45 (6/10 ans) CROSS TRAINING KIDS	10H50/11H30 STRETCHING 	11H25/11H55 STRETCHING	11H10/11H40 SPINNING 
18H/18H45 BODY BARRE 	18H30/19H30 <u>RDV thermes</u> YOGA 	16H45/17H30 (11/15 ans) CROSS TRAINING KIDS	11H/11H45 <u>RDV thermes</u> YOGA	12H15/13H CIRCUIT TRAINING	
18H50/19H30 STEP CONFIRME 	18H20/19H05 SPINNING	18H/18H45 F.A.C 	18H/18H45 SPINNING 18H50/19H20 KETTLEBELL	13H/13H30 ABDOS.F 14H/15H GYM VOLON.	
19H35/20H35 GYM VOLONTAIRE	19H15/20H CIRCUIT TRAINING	19H/20H ZUMBA 	19H25/19H40 ABDOS FLASH	18H05/18H50 BODY AERO	
	20H05/20H50 STEP	20H05/20H50 CIRCUIT TRAINING	19H40/20H STRETCHING	19H/20H30 RDV hall CROSS TRAINING	

