

A compter du 16/09/2019

FERME LES JOURS FERIES

TONIC & FIT CONCEPT



LUNDI

MARDI

MERCREDI

JEUDI

VENREDI

SAMEDI

10H/10H45
SPINNING



COURS ET ACCES A LA SALLE

A PARTIR DE 16 ANS

270€ /an ou 100€ trimestre

(+ 10€ d'adhésion/ass.)

130€/an pour les étudiants.

9H15/10H
BODY BARRE



10H/10H45
Swissball/Elastiques

10H/10H45
PILATES



10H50/11H20
ABDOS



10H/10H30
BODY AERO



10H45/11H30
STRETCHING



11H25/11H55
STRETCHING



10H35/11H05
F.A.C



11H/11H45
Rdv Thermes : YOGA



12H15/13H
CIRCUIT TRAINING

11H10/11H40
SPINNING



17H/18H
COACHING SALLE

13H/13H30
F.A.C



18H30/19H45
Rdv Thermes : YOGA



18H/18H45
SPINNING



14H/15H
GYM VOLONTAIRE

18H50/19H20
KETTLEBELL

17H/18H
COACHING SALLE

18H/18H45
BODY BARRE



18H30/19H10
SPINNING



18H/18H45
F.A.C



19H25/19H40
ABDOS FLASH

18H/18H45
BODY AERO

18H50/19H30
STEP CONFIRME

19H15/20H15
CIRCUIT TRAINING

19H/20H
ZUMBA



19H40/20H
STRETCHING



19H/20H30
Rdv Hall : Cross Training

19H30/20H30
GYM VOLONTAIRE

20H15/21H
STEP Débutant/Inter.

20H05/20H50
CIRCUIT TRAINING

OMS
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