

PLANNING COURS COLLECTIFS

KEOPS
FITNESS

LUNDI

18h15-19h15 : Full Body

MARDI

9h00-9h45 : Hata Yoga

18h15-19h00 : Circuit Training

MERCREDI

9h00-9h45 : Hata Yoga

18h30-19h15 : Zumba

JEUDI

9h00-9h45: Pilates

18h15-19h00 : C.A.F

VENDREDI

18h00-18h45 : Circuit Training

SAMEDI

10h30-11h15 : Full Body