

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30 – 10h15 Body Sculpt	09h30 – 10h30 Circuit minceur	9h30 – 10h15 Fit Boxing	9h30 – 10h30 Body Sculpt	09h30 – 10h20 Cuisses. Abdos Fessiers	9h30 – 10h30 Body Barre
10h20 – 10h50 Abdos Taille		10h20 – 10h45 Cuisses. Abdos Fessiers		10h25 – 11h10 Yoga détente	10h30 – 11h10 Cuisses. Abdos .Fessiers
10h50 – 11h30 Yoga		10h45 – 11h00 Stretching			11h15 – 12h00 Cardio-Attack
18h30 – 19h00 Cuisses. Abdos Fessiers	18h30 – 19h15 Fit Boxing	18h30 – 19h15 Pilates	18h15 – 18h45 Taille- Fine	18h30 – 19h15 Fit Boxing	Dimanche
19h10 – 20h10 Body Barre	19h20 – 20h10 Body Sculpt renf. cardio	19h00 – 19h45 Circuit cardio/renf	18h45 – 19h30 Body Barre	19h00 – 19h45 Functional training	10h00 – 10h45 Step Débutant
19h15 – 20h00 Functional training	19h15 – 20h00 Functional training	19h15 – 20h00 Functional training	19h15 – 20h00 Functional training	19h20 – 20h15 Circuit minceur	10h50 – 11h30 Circuit Fit boxing
20h15 – 21h00 Functional training	20h15 – 21h00 Functional training	20h00 – 20h45 Step Débutant	19h30 – 20h30 Yoga (à partir du 12/09)		
20h15 – 21h15 Zumba	20h15 – 21h00 Yoga		20h15 – 21h00 Functional training		
			20h30 – 21h30 Zumba		

Tous les cours sont sur réservation
-www.energieforme.net ou via
l'application *HEITZFIT 4*

Tous les lundis : 12h15-13h00 : initiation musculation(groupe de 4)
Tous les jeudis : 10h35-11h25 : initiation musculation(groupe de 4)