

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
 09H30 Biking	 09H30 Circuit Training	 09H30 TRX	 09H30 Cardio Minceur	 09H30 Pilâtes	Cours les : 14/01/2023 28/01/2023 11/02/2023 25/02/2023 11/03/2023 18/03/2023 08/04/2023 22/04/2023
 10H15 Pilâtes	 10H15 Body STYP	 10H15 Stretching	 10H15 Stretching	 10H15 Step	
 12H20 CAF	 12H20 Bike Hiit	 12H20 Cross Training	 12H20 Circuit Training	 12H20 Bike Hiit	
	 17H30 Cross Training		 17H30 Cross Training	 17H30 TRX	
 18H15 Pilâthlon	 18H15 Biking	 18H15 Tonic Barre	 18H15 Cardio Hiit	 18H15 Step Zumba	
 19H00 Cross Training	 19H00 Pilâtes	 19H00 Body STYP	 19H00 CAF		Plus d'informations sur notre site convisport.com