

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 10H15		ETIREMENTS	SPORT SANTÉ DOS		PILATES STICKS	CIRCUIT CARDIO
10H30 11H15	SPORT SANTÉ GYM DOUCE	BOXING	SPORT SANTÉ DOSBIKE 30'	YOGA	SPORT SANTÉ GYM DOUCE	10H DANSE
11H30 12H15	SPORT SANTÉ DOS			LES MILLS BODYBALANCE 30'	SPORT SANTÉ ETIREMENTS MOBILITÉ	11H LES MILLS BODYPUMP
12H30 13H15	PILATES	CIRCUIT CARDIO	CUISSES/ABDOS FESSIERSCIRCUIT CARDIO	CIRCUIT CARDIO	LES MILLS BODYPUMP	CIRCUIT CARDIO
14H 15H			A D O S	CARDIO 12-14 ANS		
15H 16H				RENFO 15-17 ANS		
16H 17H				CARDIO 15-17 ANS		
16H40 17H20					PILATES	
17H30 18H10	LATINO	BOXING	CUISSES/ABDOS FESSIERSGYM/HALTERO	LATINO	TRX	FULL BODY
18H20 19H	CUISSES/ABDOS FESSIERSBIKE	CIRCUIT CARDIO	LES MILLS DANCEBIKE	CIRCUIT CARDIO	LES MILLS BODYBALANCE	BIKE
19H10 19H50	LES MILLS BODYATTACK	BIKE	100% ABDO 30'	LES MILLS BODYBALANCE	CROSS TRAINING	LES MILLS BODYPUMP
20H 20H40	LES MILLS BODYBALANCE	19H45 CROSS TRAINING			DANSE	CROSS TRAINING

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