

	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 DOS	BIKE 30'	SPORT SANTÉ GYM DOUCE	10H DANSE
11H30 12H15	SPORT SANTÉ DOS		CUISSES/ABDOS FESSIERS	YOGA	SPORT SANTÉ ETIREMENTS MOBILITÉ	11H LES MILLS BODYPUMP
12H30 13H15	PILATES	CIRCUIT CARDIO	CUISSES/ABDOS FESSIERS	CIRCUIT CARDIO	LES MILLS BODYBALANCE	10H20 100% ABDO 30'
14H 15H			A D O S			
15H 16H						
16H 17H						
16H40 17H20						
17H30 18H10	LATINO	BOXING	CUISSES/ABDOS FESSIERS	GYM/HALTERO	PILATES	CIRCUIT CARDIO
18H20 19H00	CUISSES/ABDOS FESSIERS	BIKE	CIRCUIT CARDIO	LES MILLS BODYPUMP	SPORT SANTÉ DOS	CROSS TRAINING
19H10 19H50	LES MILLS BODYPUMP	100% ABDO 30'	LES MILLS BODYBALANCE	BIKE	LES MILLS BODYPUMP	CORPUS ROX
20H00 20H40		19H45 CROSS TRAINING				

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