CORPUS
FITNESS • CARDIO TRAINING • MUSCULATION

PLANNING

7J/7 - 6H>23H

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 10H15	YOGA	ETIREMENTS	SPORT SANTÉ DOS		PILATES STICKS	
10H30 11H15	SPORT SANTÉ GYM DOUCE BOXING	SPORT SANTÉ DOS BIKE 30'	CUISSES/ABDOS FESSIERS	YOGA	SPORT SANTÉ GYM DOUCE	10H DANSE 10H CIRCUIT CARDIO
11H30 12H15	SPORT SANTÉ DOS	PILATES		LesMills BODYBALANCE 30'	SPORT SANTÉ ETIREMENTS MOBILITÉ	11H LesMills BODYPUMP
12H30 13H15	PILATES CIRCUIT CARDIO	CUISSES/ABDOS FESSIERS CIRCUIT CARDIO	CIRCUIT CARDIO	LesMills BODYPUMP CIRCUIT CARDIO	LesMills BODYBALANCE CIRCUIT CARDIO	
14H 15H			ADOS: CARDIO 12-14 ANS			
15H 16H			ADOS: RENFO 15-17 ANS			
16H 17H			ADOS: CARDIO 15-17 ANS			
16H40 17H20					PILATES	
17H30 18H10	LATINO BOXING	CUISSES/ABDOS FESSIERS CIRCUIT CAF	LATINO TRX	FULL BODY	SPORT SANTÉ DOS BIKE CIRCUIT CARDIO	
18H20 19H00	CUISSES/ABDOS FESSIERS BIKE CIRCUIT CARDIO	LesMills BODYPUMP BIKE CIRCUIT CARDIO	LesMills BODYPUMP CIRCUIT CARDIO	YOGA BOXING	LesMills BODYPUMP CIRCUIT ATHLETIC	
19H10 19H50	LesMills BODYPUMP 100% ABDO 30' 19H45 CIRCUIT ATHLETIC	LesMills BODYBALANCE CIRCUIT ATHLETIC	BIKE CIRCUIT ATHLETIC	DANSE CIRCUIT ATHLETIC	CORPUS ROX	

167 RUE DE LA GUINGUETTE
46000 CAHORS
contact@corpus-sport.fr
07.69.04.66.82
CORPUS.SPORT
Corpus Cahors Officiel

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