

HORAIRES GYM ADULTES 2025-2026

| LUNDI | MARDI | JEUDI | VENDREDI |
|------------------------------|--|---------------------------------|--|
| 9H30 - 10H30 GYM TONIQUE | 9H30 - 10H30 PILATES | 9H30 - 10H30 GYM VITALITE | 19H45 - 20H45 FITNESS and DANCE KUDURO'FIT AFRO RAGGA |
| 10H45-11H45 GYM DETENTE | 10H30 - 11H30 STRETCHING | 10H45-11H45 GYM DETENTE | |
| 19H30 - 20H30 BODY SCULPT | 19H00 - 20H00 FITNESS and DANCE KUDURO'FIT AFRO RAGGA | 18H 45- 20H45 CARDIO BRÛLEUR | |
| 20H30 - 21H30 PILATES | | BODY SCULPT STRETCHING | |

COURS DE GYM ADULTES SALLE ANNIE FRATELLINI GYMNASSE GUILLAUMIE

NOUVEAU - **PILATES** JEUDI 19H - 20 H SALLE PREVERT CENTRE CULTUREL-