LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30 30' STEP 1	9H30 1h LesMILLS BODYPUMP		9h30 1h CULTURE PHYSIQUE ABDOS-FESSIERS	9h30 45' LesMILLS BODYSTEP	10h 1h LesMILLS BODYPUMP	10h - 12h30
10H 30' ABDOS FESSIERS	10H30 45' LesMILLS BODYATTACK	10h15 45' GYM DOUCE / WOD LIBRE	10h30 55' LesMILLS BODYJAM	10h15 1h LesMILLS BODYBALANCE / 10h15 45' BIKING	11H 1H15 YOGA / 11H 30' BIKING	COACHING MUSCULATION
10H30 45' LesMILLS tone / BIKING	11H15 15' ABDOS	11h 45' ABDOS / STRETCH	11H30 30' STRETCHING	11h15 45' pilates		
11H15 45' TRX Training Zone	11H30 30' STRETCHING					
	12H45 45' pilates	12H45 30' CIRCUIT MUSCULAIRE-CARDIO EN SALLE	12H45 30' BIKING	12H45 45' ABDOS FESSIERS		
17h30 30' CIRCUIT ABDOS	17H 1h15 YOGA	17H 1h FITNESS ADO	17H45 25' ABDOS	17H15 55' pilates		
18h 40' STEP dance	18H30 30' ABDOS	18H 55' pilates / 18H15 45' BIKING	18h15 30' TRX Training Zone	18h15 40' crosstraining		
18h45 45' LesMILLS BODYPUMP / BIKING	19H 45' LesMILLS BODYJAM	19h 45' LesMILLS BODYSTEP	18h45 45' LesMILLS BODYPUMP	19h 1h LesMILLS BODYJAM		
19H30 55' LesMILLS BODYCOMBAT / 19h40 30' crosstraining	19H45 45' CULTURE PHYSIQUE ABDOS-FESSIERS	19h45 45' LesMILLS BODYPUMP	19h30 1h LesMILLS BODYATTACK	20h 45' LesMILLS BODYBALANCE		
20H30 30' TRX Training Zone	20H30 30' STRETCHING					

Fitness - Musculation - Coaching - Squash

ESPACE FORM

www.espace-form.fr

12 Bd du Souvenir Français, Les Sables d'Olonne (85)
02 51 32 96 96

OUVERT 7/7

LUNDI - VENDREDI
9H15 - 21H15

SAMEDI
9H30 - 12H30 et 14H-16H30

DIMANCHE
10H - 12H30

5 AU 11 NOVEMBRE