

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9H00	9H00	9H00	9H00	9H00	9H00
STEP 9h30-10h15	LES MILLS SH'BAM 9h30-10h15	<i>Circuit Training</i> 9h30-10h15	HYPO GYM 9h30-10h15	LES MILLS CXWORX 9h30-10h00	LES MILLS SH'BAM 9h30-10h15
CX TRAINING 10h15-11h00	<i>Circuit Training</i> 10h15-11h00	ZEN PILATES 10h15-11h00	LES MILLS BODYCOMBAT 10h15-11h00	CYCLING 10h00-10h30	LES MILLS CXWORX 10h15-10h45
CYCLING + gainage 12h30-13h15	STRONG PUMP 12h30-13h15	LES MILLS CXWORX + Stretch 12h30-13h15	CX TRAINING 12h30-13h15	HYPO GYM 12h30-13h15	CYCLING 10h45-11h30
VIVEZ DES EXPÉRIENCES UNIQUES AVEC DE VRAIS COACHS					
			LES MILLS CXWORX 17h45-18h15		
<i>Circuit Training</i> 18h15-18h45	HYPO GYM 18h00-18h45	CX TRAINING 18h15-18h45	CYCLING 18h15-19h00	ZEN PILATES 18h00-18h45	
LES MILLS BODYCOMBAT 18h45-19h45	LES MILLS SH'BAM 18h45-19h30	<i>Circuit Training</i> 18h45-19h15	FIT ATTACK 19h00-19h45	STEP 18h45-19h30	
HYPO GYM 19h45-20h15	CYCLING 19h30-20h15	STRONG PUMP 19h15-20h15	ZEN STRETCH 19h45-20h15	LES MILLS SH'BAM 19h30-20h15	
20H30	20H30	20H30	20H30	20H30	13H00



SPORTANDFORM
FITNESS CLUB GAILLAC

WWW.SPORTANDFORM.FR

contact@sportandform.fr

- GAILLAC 81 -

500m c.c. **E.LECLERC**
Rte de Lisle s/ Tam

05.63.41.78.34

