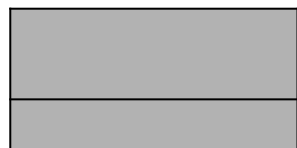
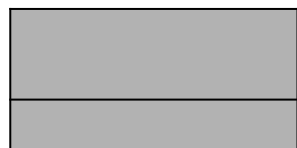




PLANNING DES COURS COLLECTIFS AVEC COACHS

À COMPTER DU 2 JUIN 2025

LUNDI



MARDI

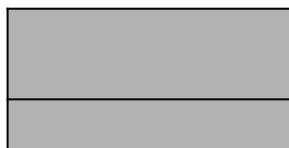
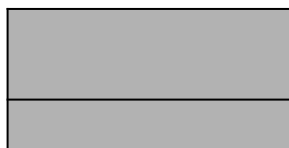
**Cuisses Abdos
Fessiers (CAF)**

12h30-13h15

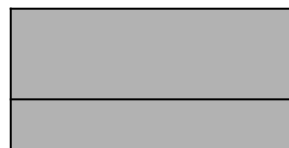
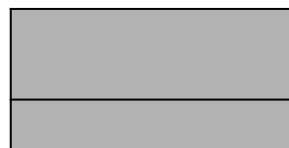
**PILATES /
STRETCHING**

14h15-15h00

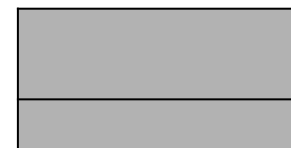
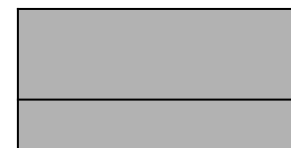
MERCREDI



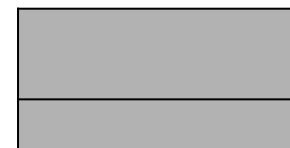
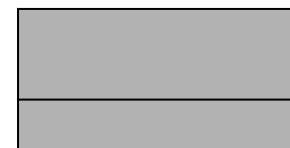
JEUDI



VENDREDI



SAMEDI



DIMANCHE

30' ABDOS

17h30-18h00

BODYBARRE

18h00-18h45

**PILATES /
STRETCHING**

19h00-19h45

**UPPER BODY
SCULPT**

18h00-18h45

BIKE

19h00-19h45

**Cuisses Abdos
Fessiers (CAF)**

18h00-18h45

BIKE

19h00-19h45

BODYSWISS

17h30-18h00

**Renforcement
Musculaire**

18h00-18h45

STRETCHING

19h00-19h45



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Notre Salle :

JAQUET Fitness – 05 56 55 01 82
20 Rue Jean Mermoz 33185 LE HAILLAN
À proximité du tram A, Arrêt « LE HAILLAN Rostand »

Nos Horaires :

Lundi au Vendredi : 9h00 - 21h00
Samedi : 9h00 - 14h00
Dimanche : 9h00 - 13h00

