



PLANNING DES COURS COLLECTIFS

GYMLAB A COMPTER DU **06 JANVIER 2020**



LUNDI 09H00-21H30			MARDI 09H00-21H00			MERCREDI 07H00-21H00			JEUDI 07H00-21H00			VENDREDI 07H00-20H30			SAMEDI 9H00-13H00	DIMANCHE 9H00-13H00
STUDIO 1	STUDIO 2	PLATEAU	STUDIO 1	STUDIO 2	PLATEAU	STUDIO 1	STUDIO 2	PLATEAU	STUDIO 1	STUDIO 2	PLATEAU	STUDIO 1	STUDIO 2	PLATEAU		
								CROSS TRAINING 07H00-08H00						CROSS TRAINING 07H00-08H00		
CUISSES ABDOS FESSIERS 10H00-11H00			CIRCUIT TRAINING 10H00-11H00			YOGA HATHA 10H00-11H00			BODY SCULPT 10H00-10H45 STEP DEBUTANT 10H45-11H30			PILATES 10H00-11H00			CROSS TRAINING 09H00-10H00 YOGA IYENGAR 09H45-10H45 ABDOS FESSIERS	100% ABDOS 10H00-10H30 CIRCUIT TRAINING 10H30-11H30 STRETCHING 11H30-12H00
		CROSS TRAINING 12H15-13H00	PILATES 12H30-13H15	LesMILLS RPM 12H45-13H30	CROSS TRAINING 12H30-13H15	LesMILLS BODYPUMP 12H30-13H15	LesMILLS Sprint 12H30-13H00	CROSS TRAINING 12H45-13H30	CIRCUIT TRAINING 12H30-13H15	LesMILLS RPM 12H30-13H15		YOGA VINYASA 12H30-13H15	LesMILLS Sprint 12H30-13H00	CROSS TRAINING 12H30-13H15		
LesMILLS BODYATTACK 12H30-13H15																
ABDOS FESSIERS 17H30-18H00		CROSS TRAINING 17H45-18H45	PILATES 17H30-18H15	LesMILLS RPM 18H00-18H45	CROSS TRAINING 17H45-18H45	STEP INTERMEDIAIRE 18H00-18H45	LesMILLS RPM 18H00-18H45	CROSS TRAINING 17H45-18H45	STEP DEBUTANT 17H30-18H00	YOGA VINYASA 18H00-19H00	LesMILLS RPM 18H00-18H45	CROSS TRAINING 17H45-18H45	100% ABDOS 17H30-18H00	CROSS TRAINING 18H00-19H00		
LesMILLS BODYCOMBAT 18H45-19H30		CROSS TRAINING 18H45-19H45	LesMILLS BODYATTACK 19H00-20H00	LesMILLS Sprint 19H15-19H45	CROSS TRAINING 18H45-19H45	PILATES 19H00-19H45	LesMILLS RPM 19H00-19H45	CROSS TRAINING 18H45-19H45		LesMILLS BODYCOMBAT 19H00-20H00		CROSS TRAINING 18H45-19H45	LesMILLS RPM 19H00-19H45	CROSS TRAINING 19H00-20H00		
		CROSS TRAINING 19H45-20H45						CROSS TRAINING 19H45-20H45				CROSS TRAINING 19H45-20H45				

APPLICATION GYMLAB



RERESERVATION
PLANNING
PROGRAMME
...
Et bien plus encore

VOIR LE PLANNING
SUR TON TELEPHONE



05.56.12.55.79

CONTACT@GYMLAB.FR

6-8 RUE THALES 33700 MERIGNAC



WWW.GYMLAB.FR