

FITNESS 2022-2023

Mardi

Atlantis

20h00
Circuit training /
Cardio

20h45
Renfo musculaire

21h15
Streching

Jeudi

Atlantis

19h30
Pilates

20h30
Circuit Training

21h15
Streching

Samedi

Atlantis

11h00
Pilates

11h45
Circuit training

12h30
Streching

