

PLANNING STUDIO 3 TRAINING 2021/2022

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
Training	Salle	Training	Salle	Training	Salle	Training	Salle	Training	Salle	Training	Salle
10h-11h CAF			10h-11h Pilates	8h-10h Accès 10h-11h Renfo					10h-11h Power Yoga (Salle 1)	10h-11h Accès	10h-11h Pilates (Salle 2)
11h-12h Accès		11h-12h30 Accès		11h-12h Accès				11h-12h30 Accès		11h-12h Circuit training	
12h-13h Circuit training		12h30-13h15 Circuit training	12h30-13h30 Pilates (Salle 1)	12h-13h Renfo			12h30-13h30 Pilates (Salle 1)	12h30-13h15 Circuit training			
17h15-18h Cardio HIIT		17h15-18h15 Small Group Training				17h15-18h15 Circuit training		17h15-18h15 Kid's FIT			
18h-19h Circuit CAF	18h30-19h30 Stretching (Salle 2)	18h15-19h Cardio HIIT	14h-20h Accès	18h-19h Cardio CAF (Salle 2)	18h15-19h15 Small Group Training	18h15-19h15 Pilates (Salle 2)	18h15-19h15 Teen's FIT	18h15-19h15 Pilates (Salle 2)			
19h-20h30 Accès	19h30-20h30 Cardio Boxe (Salle 2)	19h-20h30 Accès = accès espace cardio		19h-20h Pilates (Salle 2)	19h15-20h15 Accès	19h15-20h15 Stretching (Salle 3)	19h15-20h15 Accès				

TARIFS

Accès Espace Cardio	Accès Espace Cardio et/ou 1 cours	Accès illimité	Kid's (9/11) & Teen's (12/15) 1 cours	Carte fitness 12 cours
250€/an	300€/an	350€/an	150€/an	100 €
100€/trimestre	120€/trimestre	140€/trimestre	60€/trimestre	