

FITNESS PARK

COURS CO
AVEC COACHS

SE DÉPASSER - SE SURPASSER

HENIN-BEAUMONT

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

12h30-13h20

CARDIO
HIIT

18h30-19h15

ZUMBA

19h30-20h15

BODY PUMP

18h30-19h15

CROSS
TRAINING

19h30-20h15

BOXE

12h30-13h20

FUNCTIONAL
TRAINING

18h30-19h15

HIIT

19h30-20h15

PILATES
BALL

18h30-19h15

STEP

19h30-20h15

STRETCHING

12h30-13h20

CROSS
TRAINING

18h30-19h15

BOXE

19h30-20h15

CROSS
TRAINING