

# PLANNING COURS

## LUNDI

10H00-11h00  
RENFORCEMENT  
MUSCULAIRE  
(Nora)

12H30-13h15  
BODY  
SCULPT  
(Mohammed)

13H15- 13H30  
ABDO FESSIERS  
(Mohamed)

18h00-18h45  
BODY SCULPT  
(Mohamed)  
18h45-19h15  
BIKING  
19h15-20h00  
HIT

## MARDI

12h00-14h00  
COACHING  
(Mohamed)

18h00-18h30  
BODY  
SCUPT (David)

18h30-19h15  
Combat (David)

19h15-20h00  
Pump  
(David)

## MERCREDI

10h00-11h00  
ABDO FESSIERS  
(Nora)

12h30-13h00  
BIKING  
(Mohammed)

13H00-13H30  
STRETTCHING (Mohamed)

18h15-19h15  
CARDIO FIT  
(Farid)

19h15-20-15  
PUMP (Farid)

## JEUDI

12H00-14H00  
COACHING  
(Mohamed)

18H00-18H45  
STEP DEBUTANT  
(David)

18h45-19h15  
CROSS TRAINING  
(David)

19h15-20h00  
BIKING  
(David)

## VENDREDI

10h00-11h00  
BODY SCULPT (Nora)

12h30-13h00  
ABDOS EXPRESS  
(Nora)

13h00-13h30 PILATES  
(Nora)

18h15-19h15  
PUMP  
(Farid )

19h15-20h15  
CUISSSES ABDOS  
FESSIERS (Farid)

## SAMEDI

10H00-11H00  
BODY SCULPT  
(Mohamed)

11h00-12h00 BIKING  
(Mohamed)

## DIMANCHE

10H30-11H15  
BODY SCULPT  
(Nora)

11h15-11h45  
PILATES  
(Nora)

Infos pratiques :

Ouvert 7/7 jours

Horaires:

Lundi -vendredi :  
7h-22h et Samedi -  
Dimanche: 8h-18h

Adresse :

8 Rue de l'Hôtel  
Dieu 95500  
Gonesse

Tél:

01.39.85.12.29

Instagram :



Visitez-nous :



