

SEMPERFI

musculation · cardio · sports de combat

COURS COLLECTIFS
2021-2022

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|-------|--------------|-----------|--------------|----------------|--------------------|-------------------|
| 9h00 | YOGA | | | | | BB GYM (18mois) |
| 10h00 | | PILATES | BB SPORT | GYM DOUCE | | BB SPORT (4/6ans) |
| 11h00 | | | BB GYM | | | CROSS ADO |
| 12h00 | | | | RENFO. MUSCU | | |
| 13h00 | | | | | | |
| 14h00 | | | | | | |
| 15h00 | | | | | SPORT SANTE | |
| 16h00 | | | MULTISPORT | | | |
| 17h00 | JUDO | | CROSS ADO | ZUMB'ENFANT | BB GYM (Scolarisé) | |
| 18h00 | BOXE ENFANTS | CROSS ADO | BOXE ENFANTS | STEP/LIA/ZUMBA | PILATES | |
| 19h00 | HIIT | RM | RM | CROSS TRAINING | | |
| 20h00 | BOXE ADULTES | CROSS | GYM HOMME | CROSS TRAINING | | |
| 21h00 | | BOXE | | | | |
| 22h00 | | | | | | |

SOFI

CLEMENT

AMANDINE

MAE

KEVIN D.

JOSEPH

KEVIN S.

JEROME

AMANDINE
MAE