

Programmation Gym : Avril

01/04/2024
Férial

02/04/2024
Renforcement
9h15-10h / 10h15-11h

03/04/2024
Circuit training
18h15-19h

04/04/2024
Cardio
9h15-10h / 10h15-11h

05/04/2024
Assouplissement
9h15-10h

08/04/2024
Abdos/gainage
18h15-19h

09/04/2024
Renforcement
9h15-10h / 10h15-11h

10/04/2024
Cardio
18h15-19h

11/04/2024
Cardio
9h15-10h / 10h15-11h

12/04/2024
Stretching dynamique
9h15-10h

15/04/2024
Fermé

16/04/2024
Fermé

17/04/2024
Fermé

18/04/2024
Fermé

19/04/2024
Fermé

22/04/2024
Circuit training
18h15-19h

23/04/2024
Fermé

24/04/2024
Renforcement
18h15-19h

25/04/2024
Cardio
9h15-10h / 10h15-11h

26/04/2024
Stretching dynamique
9h15-10h

29/04/2024
Circuit training
18h15-19h

30/04/2024
Renforcement
9h15-10h / 10h15-11h