

FORM'UM FITNESS

Tél : 05 49 01 93 03 - www.formum-fitness-86.com - Facebook : Rechercher Form'um FitnessPoitiers

Club Ouvert toute l'année

En semaine : 9h15 > 21h00

Samedi : 10h00 > 13h00

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10h00-11h00

Body Sculpt

Tony

10h00-11h00

**LES MILLS
BODYPUMP**

Morgan

10h00-11h00

**LES MILLS
BODYBALANCE**

Tony

11h00-12h00

**LES MILLS
BODYPUMP**

12h30-13h15

F.A.C

Ingrid

12h30-13h15

Step Freestyle

Tony

12h30-13h15

**LES MILLS
BODYPUMP**

Tony

12h30-13h15

**LES MILLS
BODYSTEP**

Morgan

12h30-13h15

Body Sculpt

Tony

17h45-18h30

Body Sculpt

Ingrid

17h45-18h30

**LES MILLS
BODYBALANCE**

Emerance

17h45-18h30

F.A.C / Relax

Tony

17h45-18h30

Step Freestyle

Tony

18h00-18h45

**LES MILLS
BODYSTEP**

Morgan

18h30-19h30

**LES MILLS
BODYCOMBAT**

Tony - Ingrid

18h30-19h15

**LES MILLS
BODYATTACK**

Ingrid

18h30-19h15

**LES MILLS
BODYSTEP**

Emerance

18h30-19h30

**LES MILLS
BODYPUMP**

Tony - Ingrid

18h45-19h45

**LES MILLS
BODYPUMP**

Morgan

19h30-19h45

Abdos Flash

Tony

19h15-20h15

**LES MILLS
BODYPUMP**

Ingrid

19h15-20h00

**LES MILLS
BODYCOMBAT**

Tony - Ingrid

19h30-20h15

**LES MILLS
BODYATTACK**

Morgan

19h45-20h30

F.A.C

Morgan

19h45-20h45

**LES MILLS
BODYPUMP**

Tony

20h15-20h45

F.A.C

Emerance

20h00-21h00

**LES MILLS
BODYBALANCE**

Emerance

20h15-20h30

Abdos Flash

Morgan

Planning à partir
du 31/08/09

