Corse Coaching aquafitness

Votre aquagym sur toute la Corse

Résa et infos sur www.corsecoaching.fr
06.18.65.04.23

PLANNING BASTIA LUPINO

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H00	GYM	TRAINING	F-GYM	FEET	BOXE	GYM
10H00	FEET	BOXE	GYM	GYM	F-GYM	FEET
11H00	AQUAPILATES			AQUAPILATES		TRAINING/ TRAMPO
12H30	BIKE	GYM	TRAINING/ TRAMPO	F-GYM	BIKE	
14H00		AQUABIEN-ETRE			AQUABIEN-ETRE	AQUABIEN-ETRE
15H15		AQUABIEN-ETRE			AQUABIEN-ETRE	AQUABIEN-ETRE
17H30	BIKE	TRAINING	BIKE	TRAINING	FEET	
18H30	TRAINING	FEET	TRAINING	F-GYM	GYM	
19H30	F-GYM	BIKE	BOXE	GYM	AQUAPILATES	