

Planning ^{aqua}

Du 06 janvier au 28 juin 2020

Lun. 9:30 45' *Aqua training* — R
10:30 45' *Aquabodyslim* — R
12:30 45' *Aquabodybike* — R
17:30 45' *Aquadynamic* — R
18:30 45' *Aqua crosstraining* — R
19:30 45' *Aquabodybike* — R

Mar. 9:30 30' *Aqua gym*
10:45 30' *Aqua gym*
12:30 45' *Aquadynamic* — R
18:30 45' *Aqua fitness*
19:30 45' *Aqua training* — R

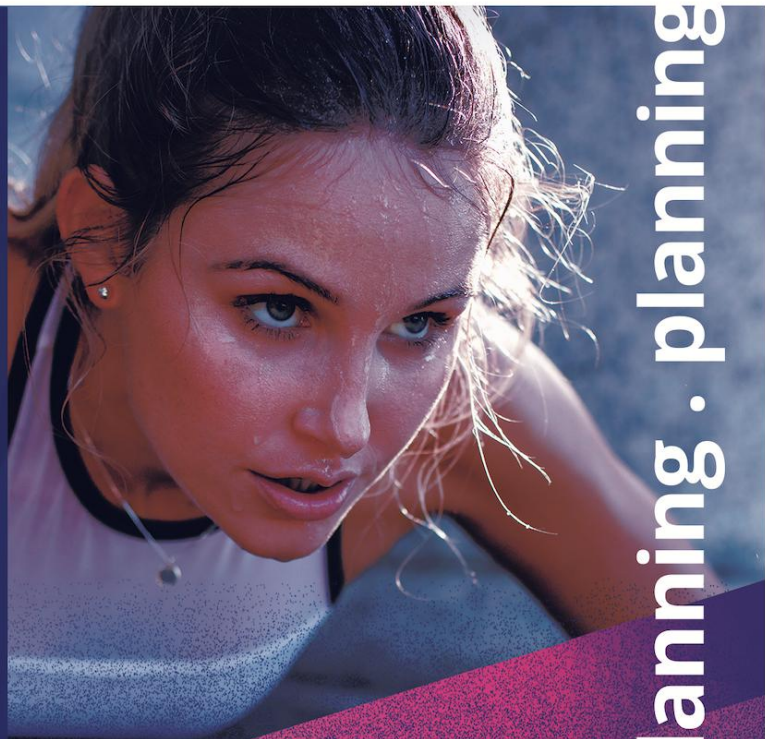
Mer. 9:30 45' *Aqua fitness*
10:30 45' *Aqua training* — R
17:30 45' *Aquabodybike* — R
18:30 45' *Aquadynamic* — R

Jeu. 9:30 45' *Aquabodyslim* — R
12:30 45' *Aquabodyslim* — R
15:00 45' *Aquabodybike* — R
18:30 45' *Aqua training* — R
19:30 45' *Aqua boxing* — R

Ven. 9:30 30' *Aqua gym*
10:30 45' *Aquabodybike* — R
18:30 45' *Aquabodybike* — R

Sam. 10:00 45' *Aquadynamic* — R
12:15 45' *Aquabodybike* — R

Dim. 11:15 45' *Aquabodybike* — R



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CENTRALFORM Canclaux

Lun. - Ven. 8:30 - 21:30

Samedi 9:00 - 18:30

Dimanche 9:30 - 13:00

7 Rue Clémence Royer

44100 Nantes

02. 40. 73. 16. 16

www.centralform.fr

**CENTRAL
FORM**

fitness Planning

Du 06 janvier au 28 juin 2020

— R Cours sur réservation

Lun.

9:00 45' Pilates niv. 2 — R
 9:15 45' CAF
 10:00 60' Bodypump
 10:00 60' Qi gong — R
 11:00 45' Pilates
 11:15 45' TRX — R

12:30 45' Boxing — R
 12:30 45' RPM live — R
 14:15 45' Stretching
 15:00 45' Gym music

17:15 45' CAF
 17:30 45' Cross training — R
 18:00 45' Bodycombat
 18:15 45' RPM live — R
 18:15 75' Yoga niv. 2 — R
 18:30 30' Boxing — R
 19:00 60' Bodypump
 19:15 45' TRX — R
 19:30 45' RPM live — R
 19:45 45' Pilates niv. 2 — R
 20:00 75' Yoga

Mar.

9:00 45' Pilates niv. 2 — R
 9:15 45' Step
 10:00 45' RPM live — R
 10:00 45' Stretching
 11:00 45' Gym ballon — R

12:30 45' CAF
 14:15 45' Gym music
 15:00 45' Stretching

17:15 45' Bodypump
 17:45 75' Yoga niv. 2 — R
 18:00 60' Bodybalance
 18:30 30' Grit force — R
 19:00 30' CXWorx
 19:15 45' RPM live — R
 19:15 75' Yoga niv. 2 — R
 19:30 60' Bodyattack
 20:00 45' TRX — R

Mer.

9:15 45' Buste / abdos / cuisses
 10:00 45' Méditation — R
 10:00 60' Pilates
 11:00 45' Stretching

12:30 45' RPM live — R
 12:30 45' Bodybalance

17:30 60' Pilates
 17:45 45' Boxing — R
 17:45 75' Yoga niv. 2 — R
 18:30 60' Bodyjam
 18:30 30' Grit cardio — R
 19:15 30' RPM live — R
 19:15 45' TRX — R
 19:30 75' Yoga
 20:00 45' RPM live — R

Jeu.

9:15 30' Bodypump
 9:45 30' CXWorx
 10:00 60' Qi gong — R
 10:15 45' Step
 11:00 60' Bodybalance

12:30 45' Bodypump

17:15 45' Bodybalance
 18:00 45' TRX — R
 18:15 60' Bodypump
 19:15 60' Bodycombat
 19:15 30' Grit force — R
 19:15 60' Qi gong — R
 19:15 45' RPM live — R
 19:45 45' Boxing — R

Ven.

10:00 60' Méditation — R
 10:00 45' Pilates
 11:00 60' CAF + Stretching

12:30 45' TRX — R
 12:30 45' RPM live — R

17:30 45' CAF
 17:45 30' Cross training — R
 18:15 75' Yoga
 18:30 45' RPM live — R

Sam.

9:45 60' Bodypump
 10:30 75' Yoga — R
 10:45 60' Bodyattack
 11:00 45' RPM live — R

12:00 75' Yoga

15:15 45' TRX — R
 16:00 45' Boxing — R
 16:45 45' CAF
 17:30 30' Stretching

Dim.

10:00 30' CAF
 10:30 30' Stretching