2026

PLANNING FITNESS ROQUEBRUNE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 ABDO FESSIERS	9H30 BALANCE		9H30 PUMP	9H30 RPM	9H30 PUMP
10H30 STRETCHING	10H30 RPM	10H00 BODY STRONG	10H30 YOGA	10H15 BODY STRONG	10H45 RPM
12H30 PILATES	NEW 12H30 RPM	12H30 MOBILITÉ FLOW	NEW 12H30 BODY COMBAT	12H30 PUMP	
18H15 BALANCE	18H15 PUMP	17H30 ABDO FESSIERS	17H45 RPM		
18H30 RPM	NEW 19H15 PILATES	18H15 BODY ATTACK	18H45 STEP	18H15 PUMP	
19H00 BODY COMBAT	19H30 RPM	19H00 BODY JAM	19H30 BALANCE	19H00 CARDIO LATINO	

Ouvert 7j/7 de 6h à 23h