

SAINT-ORENS

PLANNING COURS COLLECTIF

GIGAFIT

Vivez le Fitness en Grand !

LUNDI

10H - 10H45

RENFORCEMENT

10H45 - 11H15

STRETCHING

12H30 - 13H30

ZUMBA

17H30 - 18H10

PILATES

18H15 - 19H15

STEP

19H30 - 20H30

BODY PUMP

MARDI

10H - 11H

PILATES

12H30 - 13H15

BODY ATTACK

17H30 - 18H15

STEP BASIC

18H15 - 19H15

BODY PUMP

19H30 - 20H30

ZUMBA

MERCREDI

10H - 10h30

SPECIAL DOS

10H30 - 11H

ABDOS FESSIERS

12H30 - 13H30

STEP

18H15 - 19H

BODY ATTACK

19H - 19H30

ABDOS FESSIERS

JEUDI

10H - 10H45

STEP BASIC

12H30 - 13H15

CUISSE ABDOS
FESSIERS

18H15 - 19H15

ZUMBA

19H15 - 20H15

PILATES

VENREDI

10H - 11H

PILATES

12H30 - 13H30

BODY PUMP

18H30 - 19H15

BODY SCULPT

19H15 - 19H45

STRETCHING

SAMEDI

10H - 11H

BODY PUMP

11H - 12H

ZUMBA

GIGAFIT Saint-Orens
20 Allée des Champs Pinsons
Tel : 05 61 54 7 36



Gigafit
Saint-Orens



Gigafit
France

Retrouvez-nous sur
www.gigafit.fr

SAINT-ORENS

PLANNING COURS PREMIUM

GIGAFIT
Vivez le Fitness en Grand !

LUNDI

18H15 - 19H05

RPM

MARDI

12H30 - 13H20

RPM

18H30 - 19H00

CROSS-TRAINING

19H - 19H30

CROSS-TRAINING

MERCREDI

12H15 - 12H45

CROSS-TRAINING

12H45 - 13H15

CROSS-TRAINING

19H30 - 20H20

RPM

JEUDI

12H30 - 13H15

RPM

18H15 - 18H45

CROSS-TRAINING

20H - 20H30

CROSS-TRAINING

VENREDI

17H30 - 18H20

RPM

19H - 19H30

CROSS-TRAINING

SAMEDI

12H30 - 13H15

RPM

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