

# PLANNING DE COURS COLLECTIFS

GIGAFIT

PIERRELAYE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
		10H - 11H00 RENFORCEMENT			10H30 - 11H30 GIGA PUMP
		11H00 - 11H45 PILATES			11H30 - 12H30 CROSS TRAINING
		11H45 - 12H00 STRETCHING			
18H15 - 18H45 CUISSSES ABDOS FESSIERS	18H15 - 18H45 HIIT TRAINING	18H15 - 19H00 CUISSSES ABDOS FESSIERS	18H15 - 19H05 GIGA PUMP	18H15 - 19H15 STEP	
18H45 - 19H40 GIGA PUMP	18H45 - 19H30 GIGA COMBAT	19H00 - 19H45 CROSS TRAINING	19H05 - 19H15 ABDOS FLASH	19H15 - 20H00 ZUMBA	
19H40 - 19H55 ABDOS FLASH	19H30 - 20H30 GIGA PUMP	19H50 - 20H45 GIGA BIKE	19H15 - 20H GIGA ATTACK		
20H00 - 20H45 GIGA BIKE	20H30 - 21H00 STRETCHING		20H00 - 20H45 CUISSSES ABDOS FESSIERS		
			20H45 - 21H00 STRETCHING		

Orange = Renforcement chorégraphié  
 Jaune = Renforcement traditionnel  
 Rouge = Cardio +  
 Vert = Cardio chorégraphié  
 Bleu = Cours doux  
 Violet = Bike (vélo)

GIGAFIT Pierrelaye

7 bis avenue du Général Leclerc  
 Tel. 01 79 81 37 46



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www.giga.fit.fr