

JEAN BOUIN

FITNESS

JOURNEES PORTES OUVERTES 12 – 13 – 14 SEPTEMBRE

VENDREDI

8H15-9H10

FAC

9H15-10H00

 ZUMBA
YOGA

10H05 – 11H

BODY SCULPT

11H05-12H

 LES MILLS
BODYBALANCE

12H30-13H30

PACK FORCE

17H-17H30

 LES MILLS
CORE

17H35-18H30

BIKE /
 LES MILLS
BODYCOMBAT

18H35-19H30

 LES MILLS
BODYPUMP

19H35-20H20

PILATES

SAMEDI

09H15-10H

BIKE

10H05-11H

 LES MILLS
BODYPUMP

11H05-12H

 LES MILLS
BODYBALANCE

12H15-13H

CROSS TRAINING

14H30-15H15

BODY SCULPT

15H15-16H

FAC

DIMANCHE

09H15-10H

 ZUMBA
FITNESS

10H05-11H

 LES MILLS
BODYPUMP

11H15-12H

STRETCHING /
BIKE



VILLE DE NICE