

Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi	
Studio Training	Studio 3	Studio Training	Studio 3	Studio Training	Studio 3	Studio Training	Studio 3	Studio Training	Studio 3	Studio Training	Studio 3
					10h- 11h Christelle RENFO MUSCULAIRE				10h - 11h Sophie POWER YOGA		10h - 11h Jérôme PILATES
11h15 - 12h15 Jérôme CIRCUIT TRAINING										11h - 12h Jérôme CIRCUIT TRAINING	
			12h30 - 13h30 Sophie PILATES	12h30 -13h30 Christelle CIRCUIT TRAINING			12h30 - 13h30 Sophie POWER YOGA			12h - 13h Jérôme CROSS TRAINING	
17h15 - 18h Jérôme HIIT CARDIO		17h15 - 18h15 Jérôme SMALL GROUP TRAINING				17h30 - 18h30 Jérôme CROSS TRAINING					
18h- 19h Jérôme CIRCUIT TRAINING en EXTERIEUR		18h15 - 19h15 Jérôme CROSS TRAINING	18h30 - 19h30 Sophie POWER YOGA		18h - 19h Jérôme TABATA CARDIO ABDOS FESSIERS	18h30 - 19h30 Jérôme SMALL GROUP TRAINING	18h30 - 19h30 Sophie PILATES	18h - 19h Jérôme SMALL GROUP TRAINING			
19h - 20h Jérôme CROSS TRAINING	19h30 - 20h30 Hamid CARDIO BOXE	19h15 - 20h15 Jérôme SMALL GROUP TRAINING			19h - 20h Jérôme PILATES		19h30 - 20h30 Jérôme STRECHING / MOBILITY				

TARIFS SUR 11 MOIS

ADHÉSION ANNUELLE À STUDIO 3 : 15 € / PERSONNE

Forfait Fitness	Année	Trimestre
Cours du matin et/ou du midi	300 €	120 €
Cours illimité	350 €	140 €
Offre sans engagement au mois illimité	50 €/mois	
Tarif coaching personnalisé	40 €/heure sur RDV	