

# PLANNING COURS COLLECTIFS



## Accueil du public :

Lundi au vendredi :  
09h30 - 20h30

Samedi :  
09h30 - 12h30

Pour les abonnés :  
7 jours sur 7, de 6h à 23h.

## ALP FITNESS

1er étage  
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## LEGENDE :

- RENFORCEMENT
- BOXE
- CARDIO
- CHOREGRAPHIE
- METHODE DOUCE

| LUNDI                         | MARDI                         | MERCREDI                       | JEUDI                     | VENDREDI                      |
|-------------------------------|-------------------------------|--------------------------------|---------------------------|-------------------------------|
| 10h00<br>CAF (30')            | 10h00<br>YOGALATES (45')      |                                | 10h00<br>BODYSCULPT (45') |                               |
| 10h30<br>BIKING (45')         | 10h45<br>STRETCHING (30')     | 10h30<br>CROSS TRAINING (45')  | 10h45<br>STRETCHING (30') | 10h30<br>CAF (45')            |
| 12h30<br>CROSS TRAINING (45') | 12h30<br>BODYSCULPT (45')     | 12h30<br>GYMBALL (45')         | 12h30<br>CAF (45')        | 12h30<br>YOGALATES (45')      |
| 17h30<br>AEROBIC 1 (45')      |                               | 17h30<br>YOGALATES (45')       |                           | 17h30<br>CAF (45')            |
| 18h15<br>CAF (30')            | 17h45<br>STEP 1 (45')         | 18h15<br>CARDIO TRAINING (30') | 17h45<br>BODYSCULPT (45') | 18h15<br>CROSS TRAINING (45') |
| 18h30<br>BOXE (45')           | 18h30<br>BACHATA (45')        | 18h30<br>BOXE (45')            | 18h30<br>CAF (45')        | 18h30<br>BOXE (45')           |
| 18h45<br>BODYSCULPT (45')     |                               | 18h45<br>BIKING (45')          |                           |                               |
| 19h30<br>BIKING (45')         | 19h15<br>CROSS TRAINING (45') | 19h30<br>FIT DANCE (45')       | 19h15<br>STEP 2 (45')     | 19h00<br>YOGALATES (45')      |