

PLANNING À PARTIR DU 20 AVRIL



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

21 rue du colonney
74700 SALLANCHES

04.50.96.47.63

ALP-FITNESS.COM

LEGENDE :

- RENFORCEMENT
- BOXE
- CARDIO
- CHOREGRAPHIE
- METHODE DOUCE

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
10h00 CAF (30')	10h00 YOGALATES (45')		10h00 BODYSCULPT (45')	
10h30 BIKING (45')	10h45 STRETCHING (30')	10h30 CAF (45')	10h45 STRETCHING (30')	10h30 CROSS TRAINING (45')
12h30 CROSS TRAINING (45')	12h30 BODYSCULPT (45')	12h30 GYMBALL (45')	12h30 CAF (45')	12h30 YOGALATES (45')
17h30 AERO 1 (45')	17h45 STEP 1 (45')	17h30 YOGALATES (45')	17h45 BODYSCULPT (45')	17h30 CAF (45')
18h15 CAF (30')		18h15 CARDIO TRAINING (30')		18h15 BACHATA (45')
18h30 BOXE (90')	18h30 FIT DANCE (45')	18h30 BOXE (90')	18h30 CAF (45')	18h30 BOXE (90')
18h45 BODYSCULPT (45')	19h15 BODYSCULPT (45')	18h45 BIKING (45')	19h15 STEP 2 (45')	19h00 YOGALATES (60')
19h30 BIKING (45')		19h30 CROSS TRAINING (45')		