

Planning 2025

Esprit Fitness



	Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi	
6h15	8h00-8h30 Pilates				7h30 TRX				Spinning			
8h30	Pilates		8h15 TRX	Body Balance	TRX	Stretching	Pilates / yoga		Pilates		Pilates / yoga	
9h30	9h00 Fire Fit						Stretching	Spinning	Pump			
9h30	CAF		Spinning		Body Sculpt		Body Sculpt				Zumba	Spinning
10h30							Pilates				Body Pump	
12h15	Fire Fit	Body Balance	Circuit 45'	Spinning	Body Pump	Body Balance	Interval Training		Body Pump	Spinning		
14h00	Body Pump		Pilates						(13h30) Pilates Postural		Dimanche	
16h30	Zumba		Circuit 45'	45' Fessiers	Pump		Zumba		Pump		9h15 Spinning	
17h30	Fire Fit	Circuit 45'	Body Pump	TRX	45' Fessiers	Interval Training	Body Pump		17h00 30' Abdos		9h30 Pump	
17h30	Spinning						Interval Training		TRX	Spinning	(10h30) Spinning	
18h00			Spinning		Spinning		Spinning					
18h30	TRX	Spinning	CAF		30'Abdos		45'Fessiers					
18h30	CAF		Body Balance		Body Balance							
19h00							Boxe Thaïlandaise					
19h30	Pump	Spinning	Yoga		Zumba		Circuit 45'					