



FITNESS ENERGY

COURS COLLECTIFS
SAIGNELÉGIER

032 951 27 23

		LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	DIMANCHE
MATIN	08H15					 BODY STRONG BY ENERGY	
	09H15	 AQUA BIKE BY ENERGY	 AQUAGYM BY ENERGY	 AQUAGYM BY ENERGY	 AQUA BIKE BY ENERGY		
	09H45	 BALANCE BY ENERGY					 SPINNING BY ENERGY PÉRIODE HIVERNALE
	10H15			 PILATES BY ENERGY			
	12H15	CrossTraining	 AQUA BIKE BY ENERGY	CrossTraining			
APRÈS-MIDI	14H00				 PILATES BY ENERGY		
SOIR	17H00	 PILATES BY ENERGY					
	18H00	 COMBAT BY ENERGY	 PUMPING BY ENERGY	 ZUMBA FITNESS	 BALANCE BY ENERGY		
			CrossTraining		 AQUAGYM BY ENERGY		
	19H00	 SPINNING BY ENERGY	 CARDIO SCULPT BY ENERGY	 PILATES BY ENERGY	 SPINNING BY ENERGY PÉRIODE HIVERNALE		
				 AQUA BIKE BY ENERGY	CrossTraining		
	19H30	 AQUA BIKE BY ENERGY					