

A compter du 18/09/2017



TONIC & FIT CONCEPT - COMPLEXE SPORTIF 88140 CONTREXEVILLE



240€ /an ou 90€/trimestre
 (+ 10€ d'adhésion/ass.)
 120€/an pour les étudiants.
 secretariat@oms-contrex.fr

LUNDI

MARDI

MERCREDI

VENDREDI

SAMEDI

10H/10H45 SPINNING	10H/11H <u>RDV Thermes</u> SOPHROLOGIE 	9H30/10H15 BODY BARRE 	10H/10H45 STEP DEBUTANT 	10H/10H30 BODY AERO 
10H50/11H20 ABDOS FESSIERS 		10H20/10H50 ABDOS 	11H/11H45 COCKTAIL FITNESS	10H35/11H05 FAC 
11H25/11H55 PILATES 		10H50/11H30 STRETCHING 14H30/15H30 PILATES		11H10/11H40 SPINNING
Coaching individuel 17h/18h		15H30/16H SWISSBALL 	Coaching individuel 18h/19h	
18H/19H ZUMBA 	18H30/19H30 <u>RDV thermes</u> YOGA 	18H15/19H SPINNING 	18H/18H45 BODY AERO 	
19H10/19H55 BODY BARRE 		19H05/19H45 FAC 	19H/20H30 CROSS TRAINING	
20H/20H45 STEP CONFIRME 		20H/20H45 ZUMBA 		



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