

Accès libre 7 / 7 6h00 - 23h00

LUNDI

9H00-21H00

10H00 C.A.F
45 min

12H30 BODY PUMP
45 min

12H30 FACTORY TRAINING
45 min

17H45 C.A.F
45 min

18H30 BODY PUMP
45 min

18H45 FACTORY TRAINING
45 min

19H30 ZUMBA
60 min

19H30 RPM
45 min

MARDI

9H00-21H00

10H00 SCULPT
45 min

12H30 CIRCUIT TRAINING
45 min

12H30 RPM
45 min

17H45 TABATA
30 min

18H15 FACTORY TRAINING
45 min

18H30 BODY ATTACK
60 min

18H30 RPM
45 min

19H30 STRETCHING
45 min

MERCREDI

9H00-21H00

10H00 PILATES
60 min

12H30 C.A.F
45 min

17H45 SCULPT
45 min

18H30 BODY COMBAT
45 min

18H45 FACTORY TRAINING
45 min

19H30 BODY PUMP
60 min

19H30 RPM
45 min

JEUDI

9H00-21H00

10H00 RPM
45 min

12H30 BODY COMBAT
45 min

12H30 FACTORY TRAINING
45 min

17H45 BODY BALANCE
45 min

18H30 STEP
45 min

18H30 RPM
45 min

19H00 FACTORY TRAINING
45 min

19H30 SCULPT
45 min

VENDREDI

9H00-20H00

10H00 BODY BALANCE
60 min

12H30 RPM
45 min

17H45 BODY PUMP
45 min

18H30 PILATES
45 min

SAMEDI

9H00-14H00

09H15 YOGA
60 min

10H15 C.A.F
45 min

11H00 BODY ATTACK
60 min

Fit FACTORY

05.61.39.87.78

contact@fit-factory.fr

Fit FACTORY

Activités hors forfait

Accès libre 7 / 7 6h00 - 23h00

LUNDI

9H00-21H00

09h30 **AQUA TRAINING**
45 min

10h30 **AQUA CARDIO**
45 min

11h30 **AQUA SENIOR**
45 min

12h30 **AQUA BIKE**
45 min

17h45 **AQUA TRAINING**
45 min

18h45 **AQUA BOXING**
45 min

19h45 **AQUA BIKE**
45 min

MARDI

9H00-21H00

10h00 **AQUA CIRCUIT**
45 min

11h00 **AQUA BIKE**
45 min

12h30 **AQUA TRAINING**
45 min

17h45 **AQUA BIKE**
45 min

18h45 **AQUA TRAINING**
45 min

19h45 **AQUA CIRCUIT**
45 min

MERCREDI

9H00-21H00

10h15 **AQUA CIRCUIT**
45 min

11h15 **AQUA TRAINING**
45 min

12h30 **AQUA BIKE**
45 min

17h45 **AQUA CIRCUIT**
45 min

18h45 **AQUA TRAINING**
45 min

JEUDI

9H00-21H00

10h00 **AQUA CARDIO**
45 min

10h50 **AQUA CIRCUIT**
45 min

11h40 **AQUA SENIOR**
45 min

12h30 **AQUA BOXING**
45 min

18h30 **AQUA CARDIO**
45 min

19h30 **AQUA BIKE**
45 min

VENDREDI

9H00-20H00

09h30 **AQUA BIKE**
45 min

10h30 **AQUA TRAINING**
45 min

11h30 **AQUA CIRCUIT**
45 min

12h30 **AQUA CARDIO**
45 min

SAMEDI

9H00-14H00

09h30 **BB NAGEUR**
45 min

10h15 **BB NAGEUR**
45 min

11h15 **AQUA TRAINING**
45 min

12h15 **AQUA BIKE**
45 min

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