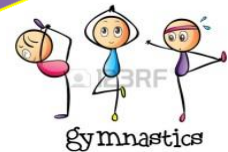


53 avenue Emile Didier à GAP



Planning



gym.gap@gmail.com

Lundi

9h15 / 10h00

Gym Tonique

10h15 / 11h30

Yoga dynamique

12h30 / 13h15

Gym Abdos

Pilates

19h30 / 20h30

Zumba

Mardi

12h30 / 13h15

Gym C.A.F.

18h45 / 19h30

Gym Renfort
musculaire

19h40 / 20h25

Gym Stretching
Relaxation

Mercredi

12h30 / 13h15

Gym Pilates



Jeudi

12h30 / 13h15

Gym Cardio
training

17h15 / 18h00

Gym Pilates

18h10 / 18h55

Gym Tonique

19h00 / 20h15

Yoga dynamique

Vendredi

11h00 / 11h45

Gym douce

12h30 / 13h15

Gym Stretching



1 cours d'essai gratuit
Certificat médical obligatoire

