

Planning Cours Collectifs

04.90.23.33.02

Entraigues@yakhasport.com

Lundi

9H15/10H00
CAF

10H00/10H30
Stretch

12H30/13H00
Abdo Flash

18H15/19H00
Pump / Bike

19H00/19H45
LIA / Bike

Mardi

9H15/10H00
Circuit Training

10H00/10H45
Hiit

11H00/12H00
Coach Nutrition

12H30/13H00
Hiit

18H15/19H00
CAF

19H00/19H45
Zumba

Mercredi

9H30/10H00
Booty

10H00/10H30
Stretch

12H30/13H00
CAF

18H00/19H00
Coach Nutrition

18H15/19H00
Hiit

19H00/19H45
Bike / Step

Jeudi

9H15/10H00
Full Body

10H00/10H30
Tabata

12H30/13H00
Pump

17H30/18H15
Full Body

18H15/19H00
Step / Bike

19H15/20h00
Cross Training

Vendredi

9H30/10H00
Abdo Flash

10H00/10H30
Booty

12H30/13H00
Tabata

18H15/18H45
Abdo Flash

18H45/19H30
Hiit

Samedi

10H00/11H00
Pump

11H00/11H45
Bike

- Myriam
- Marina
- Nizar
- Lola
- Thomas
- Arthy

Les cours de bike sont sur
réservation
Coaching nutrition sur rendez-
vous