

Planning Epicure

à partir du 07/09/26

cours de 45 min

Suivez
@epicuresocialclub

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
	STUDIO FITNESS	ZONE TRAINING	STUDIO FITNESS	ZONE TRAINING	STUDIO FITNESS	ZONE TRAINING	STUDIO FITNESS	ZONE TRAINING	STUDIO FITNESS	ZONE TRAINING	STUDIO FITNESS	ZONE TRAINING
7H30		CROSS TRAINING		HYROX						TEAM	9H15	HYROX
12H30	SHAPE	HYROX	POWER flow.	LEGS & BOOTY	HIIT FORCE	PUSH & PULL	SHAPE	HYROX	PILATES	CROSS TRAINING	10H15	CROSS TRAINING
17H15	Stretch	HYROX		CROSS TRAINING		HYROX		CROSS TRAINING	PILATES	HYROX	11H15	Yoga
18H	SHAPE	CONDITIO NNING	PILATES	HYROX	SHAPE	CROSS TRAINING	Yoga	PUSH & PULL	POWER flow.	LEGS & BOOTY		
19H	Step niv.2	LEGS & BOOTY	HIIT FORCE	CROSS GYM HALTÉRO	POWER flow.	HYROX	HIIT CARDIO	CONDITIO NNING	SHAPE	CROSS TRAINING		
20H	PILATES	CROSS TRAINING	Yoga	PUSH & PULL	Step niv.1	LEGS & BOOTY	LIA	CROSS GYM HALTÉRO				

Horaires d'ouverture

Lundi et mardi: 7h30 - 21h30
Mercredi et jeudi: 9h00 - 21h30
Vendredi: 9h00 - 21h00
Sam : 9h00 - 16h / Dim : dodo

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