



PLANNING DES COURS COLLECTIFS MAJ Janv 2018

Gada Fitness - 45, rue de Clignancourt - 75018 Paris - Tél : 01 42 23 40 33

Métro : Château Rouge - Barbès-Rochechouart

www.gada-fitness.com

GADA FITNESS

LUNDI

| | |
|-------------------|-------------|
| Pilates 60' | 09h30-10h30 |
| Zumba 60' | 12h30-13h30 |
| Pilates 60' | 18h30-19h30 |
| Cardio Attack 60' | 19h30-20h30 |
| Fit'Balance 60' | 20h30-21h30 |

JEUDI

| | |
|-------------------|-------------|
| Mind And Body 60' | 09h30-10h30 |
| Body Barre 60' | 19h30-20h30 |
| Pilates 60' | 20h30-21h30 |

DIMANCHE

| | |
|----------------|-------------|
| AFC/PBD 60' | 10h30-11h30 |
| Stretching 30' | 11h30-12h00 |
| Pilates 60' | 12h00-13h00 |

MARDI

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|--------------------|-------------|
| Gym/Stretching 60' | 10h00-11h00 |
| AFC/PBD 45' | 18h45-19h30 |
| Cardio Combat 60' | 19h30-20h30 |
| FC/AT 45' | 20h30-21h15 |

VENDREDI

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|----------------|-------------|
| AT/FC 60' | 12h30-13h30 |
| Biking 45' | 18h30-19h15 |
| FC/AT 30' | 19h15-19h45 |
| Stretching 15' | 19h45-20h00 |

A/F/C/T : Abdo/Fessiers/Cuisses/Taille
PBD : Poitrine Bras Dos

MERCREDI

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|-------------|-------------|
| Pilates 60' | 12h30-13h30 |
| Yoga 60' | 19h30-20h30 |
| Zumba 60' | 20h30-21h30 |

SAMEDI

| | |
|---------------------|-------------|
| AFC/PBD 60' | 10h00-11h00 |
| Stretching 30' | 11h00-11h30 |
| Pilates 60' | 11h30-12h30 |
| Zumba 60' | 12h30-13h30 |
| Boxe Pied-poing 90' | 17h00-18h30 |

Horaires du club :
Semaine : 07h00-21h30
Samedi : 08h30-19h00
Dimanche : 09h00-17h30
info@gada-fitness.com