



# PLANNING DES COURS COLLECTIFS MAJ Avril 2019

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

Métro : Château Rouge - Barbès-Rochechouart

[www.gada-fitness.com](http://www.gada-fitness.com)

GADA FITNESS

## LUNDI

|                   |             |
|-------------------|-------------|
| Pilates 60'       | 09h30-10h30 |
| Pilates 60'       | 18h30-19h30 |
| Cardio Combat 60' | 19h30-20h30 |
| Body Barre 45'    | 20h30-21h15 |

## JEUDI

|                 |             |
|-----------------|-------------|
| Mind & Body 60' | 09h30-10h30 |
| Body Barre 60'  | 18h45-19h45 |
| Pilates 60'     | 19h45-20h45 |

## DIMANCHE

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

## MARDI

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

## VENDREDI

|                      |             |
|----------------------|-------------|
| AT/FC 60'            | 12h45-13h45 |
| Circuit Training 45' | 18h30-19h15 |
| FC/AT 30'            | 19h15-19h45 |

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

## MERCREDI

|             |             |
|-------------|-------------|
| 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 |
| Yoga 60'            | 14h30-15h30 |
| Boxe Pied-poing 90' | 17h00-18h30 |

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