



**Hercule
Fitness Club**

Planning des fêtes



12
3

10H15 CAF
12H30 SPINNING NOEL 1H
18H20 BODY PUMP



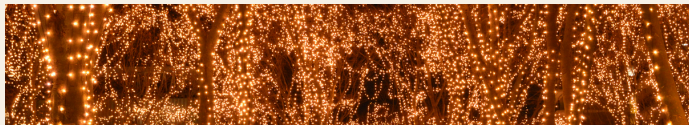
13
0

10H15 RENFO POSTURAL
12H30 BODY COMBAT
18H20 BODY SCULPT



12
6

10H15 STRETCHING
12H30 BODY SCULPT
18H20 GRIT



12

10H15 RENFO POSTURAL
12H30 BODY PUMP
18H20 BODY COMBAT



12
7

10H15 BODY SCULPT
12H30 BODY COMBAT
18H20 BODY PUMP



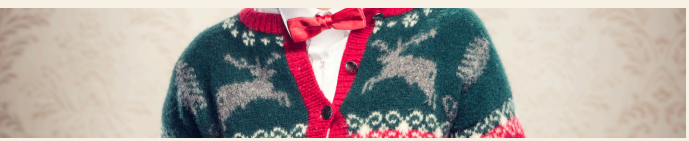
13

10H15 RENFO POSTURAL
12H30 BODY SCULPT
18H30 BODY PUMP



12
8

10H15 BODY COMBAT
12H30 BODY SCULPT



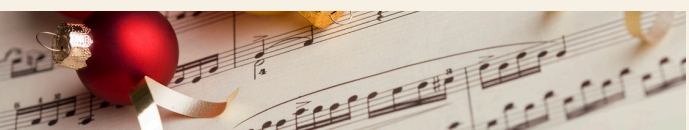
14

10H15 BODY COMBAT
12H30 BODY SCULPT



12
9

10H15 BODY SCULPT
12H30 STRETCHING



15

10H15 BODY PUMP
12H30 STRETCHING



**LA SALLE SERA FERMÉE MARDI 24, MERCREDI 25, MARDI 31 DECEMBRE ET
MERCREDI 1 JANVIER**