

PLANNING DE COURS COLLECTIFS

GIGAFIT
PIERRELAYE

LUNDI

10H00 - 10H45

STRETCHING

10H45 - 11H15

ABDOS FESSIERS

11H15 - 12H00

GIGA SCULPT

18H15 - 18H45

CUISSES ABDOS FESSIERS

18H45 - 19H40

GIGA PUMP

19H40 - 19H55

ABDOS FLASH

20H00 - 20H45

GIGA BIKE

MARDI

18H15 - 18H45

HIIT TRAINING

18H45 - 19H30

GIGA COMBAT

19H30 - 20H30

GIGA PUMP

20H30 - 21H00

STRETCHING

MERCREDI

10H - 11H00

RENFORCEMENT

10H45 - 11H45

PILATES

11H45 - 12H00

STRETCHING

18H15 - 19H10

GIGA SCULPT

19H10 - 19H45

HIIT TRAINING

19H50 - 20H45

GIGA BIKE

JEUDI

18H15 - 19H05

GIGA PUMP

19H05 - 19H15

ABDOS FLASH

19H15 - 20H

GIGA ATTACK

20H00 - 20H45

CUISSES ABDOS FESSIERS

20H45 - 21H00

STRETCHING

VENDREDI

18H15 - 19H00

GIGA COMBAT

19H00 - 19H30

ABDOS FESSIERS

19H30 - 20H15

FIT WOD

SAMEDI

10H30 - 11H30

GIGA PUMP

11H30 - 12H30

CROSS TRAINING

Orange = Renforcement chorégraphié

Jaune = Renforcement traditionnel

Rouge = Cardio +

Vert = Cardio chorégraphié

Bleu = Cours doux

Violet = Bike (vélo)

GIGAFIT Pierrelaye

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Gigafit Pierrelaye



Gigafit_pierrelaye



www.gigafit.fr