AGAM

AGAM_75_92

PLANNING GYM/FIT DANSE PARIS 17

www.agam-club.fr courriel : agam75-agam92@orange.fr

	LUNDI	JEUDI	SAMEDI
10H15/11H00			LIA /CARDIO BOXE FITNESS
11H00/11H45			ABDOS FESSIERS STRETCHING
11H45/12H45			ZUMBA / FIT DANSE
19H00/20H00		TABATA/ABDOS FESSIERS	
19H15/20H15	ABDOS FESSIERS		
20H00/21H00		ZUMBA/FIT DANSE	

