

# Retrouvez votre club Fitness Park Créteil sur fitness france

**VIDÉO FITNESS**  
 horaire des cours  
 modifiable à la demande  
[www.fitnesspark.fr](http://www.fitnesspark.fr)



RESEAU N°1 FRANÇAIS DU FITNESS



		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
MATIN	6h30	ABDOS PUR	POWER BARRE	BODY SCULT	ABDOS FESSIERS	POWER BARRE	BODY SCULT	POWER BARRE	6h30
	7h00	ABDOS FESSIERS			STEP 1				7h00
	7h30		ABDOS FESSIERS	STEP 2	POWER BARRE	STEP 2	POWER BARRE	ABDOS FESSIERS	7h30
	8h00	POWER BARRE	BODY SCULT					STRETCHING	8h00
	8h30	ABDOS FESSIERS		POWER BARRE	ABDOS FESSIERS	POWER BARRE	ABDOS FESSIERS	BODY SCULT	8h30
	9h00	BODY SCULT	STEP 2		BODY SCULT	ABDOS FESSIERS	POWER BARRE	ABDOS FESSIERS	9h00
	9h30			POWER BARRE					9h30
	10h00	POWER BARRE	BODY SCULT		ABDOS FESSIERS	STEP 2	POWER BARRE	DANCE	10h00
	10h30			ABDOS FESSIERS	STRETCHING				10h30
	11h00	BODY SCULT	POWER BARRE	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	11h00
	11h30						STEP 1		11h30
MIDI	12h15	STEP 1	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	STEP 1	12h15
	12h45	POWER BARRE				POWER BARRE		ABDOS FESSIERS	12h45
	13h15		ABDOS FESSIERS	STEP 1	BODY SCULT		DANCE	POWER BARRE	13h15
	13h45	ABDOS FESSIERS	STEP 1	STRETCHING		ABDOS FESSIERS			13h45
A.P.M	15h00	BODY SCULT	POWER BARRE	ABDOS FESSIERS	STRETCHING	POWER BARRE	BODY SCULT	ABDOS FESSIERS	15h00
	15h30				ABDOS FESSIERS			BODY SCULT	15h30
	16h00	POWER BARRE	STRETCHING	POWER BARRE			DANCE		16h00
	16h30		STEP 1	ABDOS FESSIERS	BODY SCULT	STEP 2		ABDOS FESSIERS	16h30
SOIRÉE	17h30	ABDOS FESSIERS	DANCE	BODY SCULT	ABDOS FESSIERS	STRETCHING	ABDOS FESSIERS	AEROBIC	17h30
	18h00				DANCE	POWER BARRE	STRETCHING		18h00
	18h30	STEP 2	ABDOS FESSIERS	STEP 2			BODY SCULT	ABDOS FESSIERS	18h30
	19h00	POWER BARRE	STEP 2		STEP 2	BODY SCULT		POWER BARRE	19h00
	19h30			POWER BARRE			DANCE	ABDOS FESSIERS	19h30
	20h00	STEP 1	ABDOS FESSIERS		POWER BARRE	AEROBIC			20h00
	20h30	ABDOS FESSIERS	POWER BARRE	AEROBIC			POWER BARRE	DANCE	20h30
	21h00	STRETCHING			ABDOS FESSIERS	STEP 1			21h00
	21h30	POWER BARRE	ABDOS FESSIERS	DANCE	BODY SCULT	STRETCHING	AEROBIC	POWER BARRE	21h30
	22h00		STRETCHING			ABDOS FESSIERS			22h00

 Cours expert 1H  
 Cours express 1/2H

**LE FITNESS LOW-COST POUR TOUS**