

Retrouvez votre club PERF'N FORM Antony sur fitness france

Lundi

12h15 12h45

Cardio Boxing

12h45 13h15

Renforcement musculaire

18h30 19h00

Abdos Fessiers

19h00 19h45

Body Barre

19h45 20h15

Hiit Training

Mardi

12h15 12h45

Hiit Training

12h45 13h15

Pilates

18h45 19h15

Hiit Training

19h15 20h00

Cardio Boxing

20h00 20h30

Renforcement Cuisses Fessiers

Mercredi

12h15 12h45

Renforcement musculaire

12h45 13h15

Cuisses Abdos Fessiers

18h45 19h45

Zumba

Jeudi

12h15 12h45

Body Barre

12h45 13h15

Hiit Training

18h45 19h15

Hiit Training

19h15 20h00

Renforcement musculaire

20h00 20h30

Stretching

Vendredi

12h15 13h15

Zumba

Samedi

11h00 12h00

Renforcement musculaire

**Perf
nform**
Antony
www.perf'nform.fr