COURS COLLECTIFS SERAING

NRG cours collectifs:

Timing	Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi	Dimanche
	Studio	Cycling	Studio	Cycling	Studio	Cycling	Studio	Cycling	Studio	Cycling	Studio	Cycling
10.00	Total Body Workout				CAF				NRG Bootcamp			
10.30							Yoga				CAF	
11.00										Cycling		Cycling
12.00												
17.30					HIIT (30')		Core (45')					
18:00			CAF		Yoga				NRG Workout			
18:30	Zumba						Powerhour					
19:00			Step		Zumba							
19.30	Core (45')	Cycling		Cycling		Cycling	XCORE	Cycling HIIT (30')				
20:00			NRG Workout									
20.15	Strongnation											
20.30												