

LUNDI

09:00 | GYM
09:45 | PILATES
12:30 | SPRINT
12:30 | GYM
16:45 | YOGA
17:30 | T.R.X
17:30 | GYM
18:00 | YOGA
18:15 | CROSS TRAINING
18:15 | C.A.F
18:15 | RPM
18:15 | JUMP
19:00 | CROSS TRAINING
19:00 | BOXING
19:15 | BODY ATTACK
19:15 | RPM
19:45 | CROSS TRAINING

MARDI

09:00 | BODY PUMP
10:00 | A.F.S
10:00 | SPRINT
12:30 | BODY PUMP
12:30 | RPM
16:45 | GYM
17:30 | ABDOS 30
18:00 | PILATES
18:00 | BODY PUMP
18:15 | THE TRIP
18:15 | T.R.X FTC
19:00 | ZUMBA
19:00 | HIIT
19:15 | RPM
20:00 | BODY BALANCE

MERCREDI

09:00 | BODY SCULPT
09:45 | BODY BALANCE
12:30 | RPM
12:30 | CROSS TRAINING
16:45 | YOGA
17:15 | RPM
17:30 | T.B.C
18:15 | THE TRIP
18:15 | C.A.F
18:15 | AERO
18:15 | CROSS TRAINING
18:15 | T.R.X
19:00 | ZUMBA
19:00 | RUNNING
19:00 | A.F.S
19:00 | CROSS TRAINING
19:00 | JUMP
19:15 | RPM

JEUDI

09:00 | T.B.C
09:45 | A.F.S
10:30 | YOGA
12:30 | THE TRIP
12:30 | T.B.C
16:45 | C.A.F
17:30 | BODY SCULPT
18:15 | STEP
18:15 | BODY BOXE
18:15 | SPRINT
19:00 | BODY JAM
19:00 | T.R.X
19:00 | CROSS TRAINING
19:15 | RPM

 VENDREDI

09:00 | C.A.F
09:45 | BODY BALANCE
12:30 | C.T.A.C
12:30 | RPM
12:30 | CROSS TRAINING
17:15 | RPM
17:30 | GYM
17:45 | T.R.X FTC
18:15 | RPM
18:15 | ZUMBA
18:30 | BOXING
19:00 | BODY PUMP
19:15 | CROSS TRAINING
19:15 | THE TRIP

SAMEDI

09:30 | BODY PUMP
10:30 | BODY ATTACK
11:30 | THE TRIP

DIMANCHE

10:00 | GYM
10:00 | RPM
10:45 | BODY BALANCE
11:00 | RPM

set®

RÉSERVATION ET EMPLACEMENT
SUR L'APPLI SET MARSEILLE



PLANNING DES COURS

Mise à jour le 05/09/2022