

PLANNING ESPACE 100% FEMMES

	Lundi	Mardi	Mercredi	Jeudi	Vendredi		Samedi	Dimanche
08H30-09H30	MOBILITE	CIRCUIT MINCEUR	YOGA	C.A.F	BIKING	09H30-10H30	PILATES	
09H30-10H30	BIKING TABATA	STEP	GYM BALLE	CIRCUIT RENFORC	AQUA GYM CIRCUIT MANCEUR	10H30-11H30	STEP	
10H30-11H30	AQUA GYM	PILATES	AQUA GYM	MOBILITE	ORIENTALE	11H30-12H30	ORIENTALE DANCE MIXTE	11H30-12H30 BIKING
12H30-13H30	AQUA GYM	STRETCHING	AQUA GYM	TOTAL BODY	11H30-12H30 AQUA GYM	18H30-19H30	PILATES	
16H30-17H30	ORIENTALE	GYM BALLE	PILATES	AERO COMBAT	STEP			
17H30-18H30	AERO ATTACK	ZUMBA	BIKING	YOGA	AQUA GYM ORIENTALE			
18H30-19H30	AQUA GYM BODY BARE	AERO COMBAT	BODY BARE	ZUMBA	PILATES			
19H30-20H30	YOGA	PILATES	AQUA GYM GYM BALLE	POSTURAL	BIKING			
20H30-21H00	ZEN ATTITUDE	ABDOS FLASH	STRETCHING	EXTREME ABDOS	BODY SCULPT			

Horaires:

Lun-Ven: 7h00-22h00

Samedi: 8h00-20h00

**N.B: SALLE 100% FEMMES FÈRMEÈ TOUT LES
DIMANCHES SAUF ACCÈS SALLE BIKING.**

CONTACTEZ-NOUS

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