

PLANNING ESPACE MIXTE

	Lundi	Mardi	Mercredi	Jeudi	Vendredi		Samedi	Dimanche
07H30-08H30	TOTAL BODY	BIKING AQUA GYM	CIRCUIT MINCEUR	BIKING AQUA GYM	MOBILITE	08H30-09H30	AQUA GYM	
08H30-09H30	FIT CARDIO	CORE TRAINING	EXTREME ABDOS	CORE TRAINING	CIRCUIT TRAINING	09H30-10H30	CIRCUIT TRAINING	
11H30-12H30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	10H30-11H30	BIKING	10H30-11H30 BIKING
12H45-13H30	FIT FORCE	AQUA FITNESS	TABATA TRAINING	AQUA BUILDING	POSTURAL TRAINING	11H30-12H30	FUNCTIONAL TRAINING	
17H30-18H30	SPECIAL ABDOS	BIKING CIRCUIT TRAINING	PILATES	BIKING	TABATA TRAINING	12H30-13H30	AQUA COMBAT	
18H30-19H30	AERO ATTACK	CROSS MAX	BODY BARE	BIKING	BODY BARE	17H00-18H00	TOTAL BODY	
19H30-20H30	YOGA	HIT BIKE AQUA GYM	AERO COMBAT	FIT FORCE	AERO COMBAT	18H00-19H00	AQUA GYM	
20H30-21H00	DOS-ABDOS	CORE TRAINING	FREESTYLE	FREESTYLE	FREESTYLE			

Horaires:

Lun-Ven: 7h00-22h00
Samedi: 8h00-20h00
Dimanche: 9h00-14h00

SAMEDI(DU 14H À 17H) PISCINE RÉSERVÉE À L'ACCADEMIE DE NATATION

CONTACTEZ-NOUS

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