

## HORAIRE COURS EN SALLE 2012\*

Heures	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12h00	Cross training	Cross training	Cross training	Cross training	Cross training
16h00	Cardio boxe	Cardio boxe	Cardio boxe	Cardio boxe	Cardio boxe
17h00	Cardio boxe	Cardio boxe	Cardio boxe	Cardio boxe	Cardio boxe
18h00	Cross training	Cross training	Cross training	Cross training	Cross training
19h00	Cross training	Cross training	Cross training	Cross training	Cross training

**CARDIO BOXE : 60\$/8 cours**

**CROSS TRAINING: 120\$/10 cours (NON-MEMBRE GYMAX)**

**90\$/10cours (MEMBRE GYMAX)**

Ou

**15\$ du cours**

**\*Réservez votre place à l'avance**