

PLANNING NEW YORK HEALTH CLUB

Ouvert 7/7j de 6h à 23h (hors jours fériés)

Salle entièrement climatisée

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8H 9H 10H 11H 12H	Coaching 8h - 12h	Coaching 8h - 12h	Coaching 8h - 12h	Coaching 8h - 12h	Coaching 8h - 12h	Coaching 8h - 12h	Coaching 8h - 12h
13H 14H	Small Group Women 12h - 14h	Small Group Men 12h - 14h	Small Group Ados 12h - 14h	Small Group Men 12h - 14h	Small Group Women 12h - 14h	Small Group Ados 12h - 14h	Small Group Women 12h - 14h
15H 16H 17H	Dance Class 14h - 17H	Dance Class 14h - 17H	Small Group Ados 14h - 17H	Dance Class 14h - 17H	Dance Class 14h - 17H	X	X
18H	Coaching 17H - 18h	Coaching 17H - 18h	Small Group Ados 17H - 18h	Small Group Men 17H - 18h	Coaching 17H - 18h	X	X
19H	Cuisses Abdos Fessiers 19h30 - 20h15	Coaching 18h - 19h	Coaching 18h - 19h	Heels Dance 19h30 - 20h15	Coaching 18h - 19h	X	X
20H	Small Group Women 19h - 20h	Small Group Men 19h - 20h	Small Group Women 19h - 20h	Small Group Women 19h - 20h	Small Group Women 19h - 20h	X	X