

6 rue des Résiniers ZA les 2 Pins
40130 Capbreton

05 58 72 30 01
Movipole Capform
capform-gym@orange.fr

Ouvert du Lundi au Vendredi de 8h30 à 21h

Le Samedi de 8h30 à 14h

Fermé tous les Jedis de 14h à 16h

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9H30-10H15: LESMILLS BODYPUMP	9H30-10H15: LESMILLS BODYCOMBAT	9H30-10H30: BODY GYM 1H	9H30-10H30: STEP 1H	9H30-10H15: LESMILLS BODYPUMP	9H30-10H15: ZUMBA FITNESS
10H30-11H15: BIKE 45' / LESMILLS BODYBALANCE	10H15-10H45: LESMILLS EXWORX	10H30-11H30: LESMILLS BODYBALANCE	10H30-11H15: BIKE 45'	10H30-11H00: LESMILLS EXWORX	10H00-11H00: BIKE 45'
11H15-12H00: STRECH 45'	10H45-11H15: CAF 30'	11H30-12H15: PILATES 45' (Tous niveaux)	11H15-11H45: STRECH 30'	11H00-11H30: LESMILLS BODYBALANCE	10H15-11H00: KUDURO FIT
12H30-13H00: LESMILLS EXWORX	12H30-13H00: GRIT STRENGTH	12H30-13H15: LESMILLS BODYPUMP	12H30-13H15: CAF 45'	12H30-13H15: BIKE 45'	11H00-11H30: ABDOS / STRECH 30'
18H00-18H30: CAF 30'	18H30-19H15: LESMILLS BODYATTACK / LESMILLS BODYBALANCE	18H30-19H30: YOGA	17H45-18H45: CROSS TRAINING 1H	18H30-19H00: LESMILLS EXWORX	11H00-12H00: YOGA
18H30-19H30: LESMILLS BODYPUMP / GRIT STRENGTH	19H15-19H30: LESMILLS BODYBALANCE	18H30-19H15: LESMILLS SH'BAM	19H00-19H30: LESMILLS EXWORX	19H00-19H30: GRIT STRENGTH	
19H30-20H15: BIKE 45' / STRECH 30'	19H30-20H30: BIKE 1H / LESMILLS BODYPUMP 45'	19H15-20H15: LESMILLS BODYCOMBAT	19H30-20H30: LESMILLS BODYBALANCE	19H30-20H15: BIKE 45'	

Rouge = cours CARDIO

Noir = cours RENFO

Bleu = cours DETENTE

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Fermeture technique tous les Jedis de 14h à 16h

Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi	
9h30	Aqua Sculpt	9h30	Circuit Training	9h30	Aqua Bike	9h30	Aqua Sculpt	9h30	Aqua Bike	10h15	Aqua Sculpt
10h15		10h15		10h15		10h15		10h15		11h00	
10h30	Aqua Bike	10h30	Aqua Sculpt	10h30	Aqua Sculpt	10h30	Circuit Training	10h30	Aqua Tonic	11h00	Aqua Bike
11h15		11h15		11h15		11h15		11h15		11h45	
		12h30	Aqua Bike								
		13h15									
				18h15	Circuit Training			18h00	Aqua Sculpt		
				19h00				18h45			
18h30	Aqua Sculpt	19h00	Aqua Bike			18h30	Aqua Bike				
19h15		19h45				19h15					
19h30	Aqua Bike										
20h15											

Violet = Cours CARDIO

Jaune = Cours RENFO

Vert = Cours RENFO et CARDIO