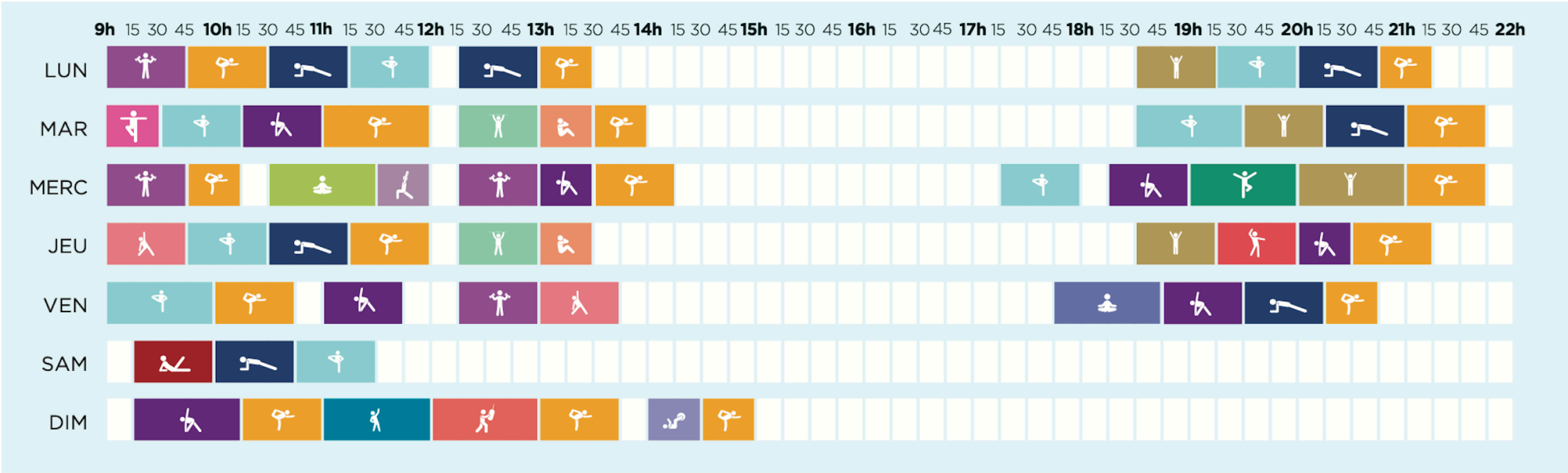
PLANNING ACTIVITÉS FITNESS



Body **Barre** | **Gym** Douce | Body **Pump** | **Pilates** | Culture **physique** | **Stretching** | Cardio **Dance** | Body **Sculpt** | **CAF** (Cuisses Abdos Fessiers) | **Hiit**

Abdos Flash | Cardio **Boxe** | Body **ZEN** | Cross **Training** | 100% **Abdos** | **Yoga** | **Sophrologie** | **Zumba** | **Step** Débutant | **Abdos Fessier**