

Planning Cours Collectifs

Lundi

08:30 Sonakshi
TOTAL BODY CONDITIONING

10:30 Sonakshi
SENIOR FITNESS

12:15 Sonakshi
LUNCH FITNESS

17:15 Michael
SPINNING

17:30 Moshin
KUNDALINI YOGA

18:15 Billy
SPINNING

18:30 Fabrice
CARDIO SCULPT

Mardi

07:15 Jordan
SPINNING

08:30 Billy
AQUA TONING

09:30 Billy
SPINNING

10:30 Billy
SENIOR FITNESS

12:15 Billy
LUNCH FITNESS

15:30 Laetitia
FITNESS KIDS

16:30 Laetitia
FITNESS KIDS JUNIOR

17:30 Sanjay
SPINNING

17:30 Jean-Marie
CIRCUIT HIGH INTENSITY

16 places

18:30 Christopher
LATINO FITNESS

Mercredi

07:30 Aurélie
YOGA

08:30 Aurélie
POWER YOGA

09:30 Billy
AQUA SENIOR

10:30 Billy
MAT WORK PILATES

12:15 Billy
LUNCH CARDIO

Spinning, running, toning, smiling!

17:30 Laetitia
ZUMBA

17:30 Sanjay
SPINNING

18:30 Jean-Marie
PUMP IT

16 places

Jeudi

07:15 Sanjay
SPINNING

08:30 Aurélie
PILATES

10:30 Fabrice
SENIOR FITNESS

12:15 Fabrice
LUNCH FITNESS

15:30 Christopher
DANCE KIDS

16:30 Christopher
HIP HOP

17:30 Christopher
MIX DANCE FITNESS

17:30 Billy
AQUA GYM

18:30 Billy
SPINNING

18:30 Fabrice
BURN INTERVALS petite salle

18:30 Aurélie
PILATES

Vendredi

07:15 Michael
SPINNING

08:30 Billy
MOBILITY - STRETCHING

10:30 Billy
AQUA GYM

12:15 Billy
LUNCH MUSCULATION

17:00 Moshin
HATHA YOGA

18:00 Billy
STEP BY STEP



Synergymoka

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Les Coaches



Jean-Marie



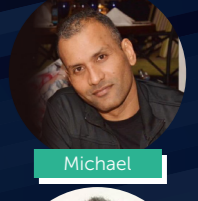
Sanjay



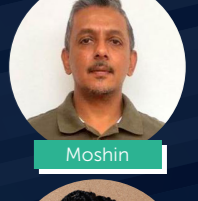
Sonakshi



Billy



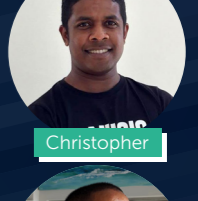
Michael



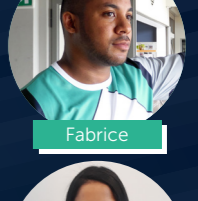
Moshin



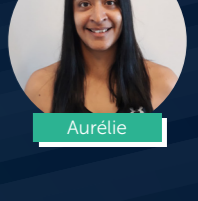
Laetitia



Christopher



Fabrice



Aurélie

Samedi

08:00 Christopher
LATIN HITS

09:00* Christopher
AFRO DANCE

09:00* Billy
ATHLETIC FITNESS petite salle

10:00 Moshin
HATHA YOGA

11:00 Moshin
KUNDALINI YOGA

12:00 Moshin
MÉDITATION

TOTAL BODY CONDITIONING

DANSE

SPINNING

AQUA

CARDIO & FORCE

YOGA / MÉDITATION

SENIORS FITNESS

KIDS

