

Alpha Squar3
15 rue augustin Fresnel
37170 Chambray les
Tours
09.67.61.20.57
alphasquare-crossfit.com



ALPHA SQUAR3
CROSSFIT



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**COURS DE RENFORCEMENT
MUSCULAIRE ET
D'ENDURANCE CARDIO-
VASCULAIRE**
HIIT
PILOXING
FULL BODY
BURNING
BOXING

BIEN ETRE ET POSTURE
YOGA
PILATES BALL

COURS CHORAGRAPHIES
STEP
ZUMBA
AERO DANSE

DANSE
CONTEMPO
FIT JAZZ

TANDEM



Alpha Squar3
Fitness Danse Crossfit

PLANNING Fitness

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H30-10H15 BURNING	9H30-10H15 HIIT		9H30-10H15 CAF	9H30-10H15 PILATES BALL	9H00-9H30 FULL BODY
					9H30-10H00 YOGA
11H00-17H00 COACHING INDIVIDUALISE SUR RENDEZ-VOUS					
18H00-18H45 FULL BODY	18H00-18H45 PILATES BALL	18H00-18H45 FULL BODY	18H00-18H45 HIIT	18H00-18H45 CAF	
18H45-19H30 PILOXING	18H45-19H30 ZUMBA	18H45-19H30 HIIT	18H45-19H30 STEP	18H45-19H30 BOXING	
19H30-20H15 HIIT	19H30-20H15 AERO DANSE	19h30-20h15 YOGA	19H30-20H15 ZUMBA	19H30-20H15 FIT JAZZ	
20H15-21H00 YOGA	20H15-21H00 CONTEMPO		20H15-21H00 PILOXING		