



# Group Fitness VACANCES SCOLAIRES

9 quai de Lorraine  
11100 NARBONNE  
04 68 48 69 53

16 au 22 avril 2018

[www.ozyfitgym.fr](http://www.ozyfitgym.fr)

Classes are 45 - 60 minutes

Email: [ozyfitgym@hotmail.com](mailto:ozyfitgym@hotmail.com)

Time/Heure	Mon/Lun	Tues/Mar	Wed/Mer	Thu/Jeu	Fri/Ven	Sat/Sam	Sun/Dim
7.30am	<b>BODYPUMP</b> VIRTUAL		<b>BODYBALANCE</b> VIRTUAL		<b>BODYCOMBAT</b> VIRTUAL		
9.30am	<b>SH'BAM</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>BODYCOMBAT</b> VIRTUAL	<b>BODYBALANCE</b> VIRTUAL	<b>CKWORK</b> VIRTUAL		<b>BODYCOMBAT</b> VIRTUAL
10.15am	<b>BODYCOMBAT</b> VIRTUAL	<b>BODYBALANCE</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>SH'BAM</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>CKWORK</b> VIRTUAL
11.15am	<b>CKWORK</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>BODYBALANCE</b> VIRTUAL	<b>BODYCOMBAT</b> VIRTUAL	<b>SH'BAM</b> VIRTUAL	<b>BODYBALANCE</b> VIRTUAL	<b>SH'BAM</b> VIRTUAL
12.30pm	<b>SH'BAM</b> VIRTUAL	<b>BODYCOMBAT</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>CKWORK</b> VIRTUAL	<b>BODYBALANCE</b> VIRTUAL	<b>CKWORK</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL
1.00pm		<b>CKWORK</b> VIRTUAL			<b>CKWORK</b> VIRTUAL	<b>BODYCOMBAT</b> VIRTUAL	<b>BODYBALANCE</b> VIRTUAL
2.00pm	<b>BODYBALANCE</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>SH'BAM</b> VIRTUAL	<b>BODYCOMBAT</b> VIRTUAL			
4.30pm	<b>BODYBALANCE</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>SH'BAM</b> VIRTUAL	<b>BODYCOMBAT</b> VIRTUAL	<b>CKWORK</b> VIRTUAL	<b>CKWORK</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL
5.45pm	<b>BODYPUMP</b> VIRTUAL	<b>CKWORK</b> VIRTUAL	<b>BODYCOMBAT</b> VIRTUAL	<b>BODYBALANCE</b> VIRTUAL	<b>CKWORK</b> VIRTUAL	<b>SH'BAM</b> VIRTUAL	<b>BODYCOMBAT</b> VIRTUAL
6.30pm	<b>BODYCOMBAT</b> VIRTUAL		<b>BODYPUMP</b> VIRTUAL	<b>SH'BAM</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>BODYPUMP</b> VIRTUAL	<b>BODYBALANCE</b> VIRTUAL
7.30pm	<b>CKWORK</b> VIRTUAL	<b>BODYBALANCE</b> VIRTUAL		<b>CKWORK</b> VIRTUAL	<b>SH'BAM</b> VIRTUAL		
8.15pm	<b>SH'BAM</b> VIRTUAL		<b>CKWORK</b> VIRTUAL				



## CrossXFIIT - Uluru



\*\*\*Functional Intense Interval Training\*\*\*

Gagnez en puissance, en force, en cardio au-delà de toutes vos espérances  
en seulement 30 minutes

Une nouvelle cible souhaitant se mettre à l'épreuve en petit groupe (max 10) et transformer son corps  
Toujours plus loin - Jusqu'à l'extrême - Pour être plus fort - et dépasser ses limites

\*XFIIT - CrossXFIIT (payant)

\*XFT - Cross Fit Technique (offert)

Time/Heure	Mon/Lun	Tues/Mar	Wed/Mer	Thu/Jeu	Fri/Ven	Sat/Sam	Sun/Dim
9.30am							
10.15am							
Réservez à la Réception							
12.15pm							
12.45pm	<b>XFIIT</b>						
Réservez à la Réception							
6.00pm	<b>THAI BOX</b>						
6.50pm		<b>XFIIT</b>		<b>XFIIT</b>			
7.30pm	<b>XFIIT</b>	<b>XFIIT</b>		<b>XFIIT</b>	<b>THAI BOX</b>		

\* **Cardio KICKBOX**(payant)

\***THAI BOX** (offert)

\***Orientation Muscu** (offert)