

NOS HORAIRES

MOVEA

STUDIO®

EMS
COACHINGS PRIVÉS
COURS COLLECTIFS



MOVEA STUDIO

LES COURS COLLECTIFS®

MARDI	12H15 - 13H15	CUISSES ABDOS FESSIERS
MERCREDI	12H15 - 13H15	FUNCTIONNAL TRAINING
JEUDI	18H - 19H	FUNCTIONNAL TRAINING
VENDREDI	12H15 - 13H15	FUNCTIONNAL TRAINING
SAMEDI	10H - 11H	PILATES

Fast. Focused. Functional.



MOVEA STUDIO

LUNDI®

18H - 19H EMS/ COACHING

19H - 20H EMS/ COACHING

20H - 21H EMS/ COACHING

Fast. Focused. Functional.



MOVEA STUDIO

MARDI®

09H - 10H EMS/ COACHING

10H - 11H EMS/ COACHING

11H - 12H EMS/ COACHING

18H - 19H EMS/ COACHING

19H - 20H EMS/ COACHING

20H - 21H EMS/ COACHING

COURS COLLECTIFS

12H15 - 13H15 CUISSSES ABDOS FESSIERS

Fast. Focused. Functional.



MOVEA STUDIO

MERCREDI®

09H - 10H EMS/ COACHING

10H - 11H EMS/ COACHING

11H - 12H EMS/ COACHING

18H - 19H EMS/ COACHING

19H - 20H EMS/ COACHING

20H - 21H EMS/ COACHING

COURS COLLECTIFS

12H15 - 13H15 FUNCTIONNAL TRAINING

Fast. Focused. Functional.



MOVEA STUDIO

JEUDI®

14H - 15H EMS/ COACHING

15H - 16H EMS/ COACHING

16H - 17H EMS/ COACHING

17H - 18H EMS/ COACHING

18H - 19H EMS/ COACHING

19H - 20H EMS/ COACHING

20H - 21H EMS/ COACHING

COURS COLLECTIFS

18H - 19H FUNCTIONNAL TRAINING

Fast. Focused. Functional.



MOVEA STUDIO

VENDREDI®

09H - 10H EMS/ COACHING

10H - 11H EMS/ COACHING

11H - 12H EMS/ COACHING

14H - 15H EMS/ COACHING

15H - 16H EMS/ COACHING

16H - 17H EMS/ COACHING

17H - 18H EMS/ COACHING

COURS COLLECTIFS

12H15 - 13H15 FUNCTIONNAL TRAINING

Fast. Focused. Functional.



MOVEA STUDIO

SAMEDI®

09H - 10H EMS/ COACHING

10H - 11H EMS/ COACHING

11H - 12H EMS/ COACHING

COURS COLLECTIFS

10H - 11H PILATES

Fast. Focused. Functional.



MOVEA STUDIO

DIMANCHE®

14H - 15H EMS/ COACHING

15H - 16H EMS/ COACHING

16H - 17H EMS/ COACHING

17H - 18H EMS/ COACHING

Fast. Focused. Functional.

