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Les cercles de la forme nation programme

Nation Circle: Play sports in Feng-Shui ModeA 1500-square-meter gym 200 meters from place de la Nation to indulge in your favorite gym: Nation Circle has seen a great way. Our Paris 12 gym is completely redone very recently: you get a choice, but also privacy and comfort, because even if the machines are very much in place! And directly, when it comes to the equipment, what do we find in the Circle Nation? Of course, it is equipped with the latest generation technogym machines for heart training and endurance training rooms (machines: guided, free charge and free weight). The club part overlooks the open air for daylight. In addition, the whole club is bathed in feng-shui atmosphere promotes relaxation and concentration, not to mention conviviality with a terrace equipped with chairs and tables to satisfy you after effort. Prosperity is also at the heart of lessons you can find at Circle Nation: body balance, pilates, yoga, TRX... The specifics of the Circle Nation sport? It includes a functional training area: a different way to perform sports to improve posture and body function with exercises based on natural daily movements. Discover and accept without hesitation! Good to know also: Club Nation is accessible to the disabled. Your gym at The Nation videoOur Nation sports figures1500 m21 trays in the bodybuilding room (Kinesis machines, guided machines, free loading machines, weights and free bars, traction rods, etc.) cardio workout area (elliptical, treadmills, bikes, steppers, rowers, cross-country skiing and.c.) 1 studio changing rooms2 with many individual cabins in your club's Balance Body Pump Body Training Diderot Activity Circle: the perfect setting for sports practiceThis floor dedicated to fitness , relaxation and prosperity next to the Place de la Nation: Diderot Circle is ideally located in the heart of Paris.A cardio-training room on the ground floor is open on the ground floor. , a bodybuilding tray at the top with a beautiful RPM studio in the middle, a functional training area with amazing bags, fully refurbished recently and equipped with the best Technogym machines, does it make you want it, right? On the course side, the specifics of Diderot sports 12 arrondissement are mostly many classes with a choice: dancing (zumba, African dance, salsa, bachata ...). Les Mills and RPM classes with many slots for 7 days 7.Your sports Diderot videoThour Diderot sports figures of 1300 m21, guided cars, free trucks, weights and free bars, traction rods and.c.) Space training (ellipticals, treadmills, bikes, steppers, rowers, cross-country skiing, etc.) 1 large studio classes1 studio RPM2 changing rooms with many individual shower cabins running your body Attack Body Balance Body Jam Body Pump RPM Sh'bam African Cuban Salsa Bachata Initiation Dance Oriental Dance Ado Despite being closed, you can still participate in live classes from your favorite partner or discover new- from the comfort of your home. By staying active, you invest in your health and support the comings and teachers that have become an important part of your life. Your city sports club team! Return228 Rue du Faubourg Saint-Antoine, 75012 Paris10 review1 months -43%79-3 months -22%195-The Circle of the Nation Form, it has over 1500 m2 dedicated to fitness and sports. The best offer of activities in Paris for one subscription: Fitness, Les Mills courses, Musculation, Cardio-Training, Dancing, Zumba, Martial Arts, Boxes, Sauna and Hammam are on the program.130 machines the newest technological generation has at your disposal with the Internet, television, ipod-iphone connectivity, open and bright collective classroom and TRX reinforcement area. Come and taste feng-shui mineral atmosphere in a design environment! Group classes, supervised by the best specialists in your field, will feel you forget about the stress of Parisian life in order to achieve all the benefits of well-practiced sport. Come and check out one of our many form activities for free , returning the discovery offer in return! My whole team and I will be happy to welcome you. Call the club1 months -43%79-3 months -22%195-Do you want to ask the club for information? Call the clubHoraireslundimercredjeudisdendredisamedidmanloadimardrecredijeuidisamedidmancheVielin planning team with framing (coach) Training courseCocours cardioHammamSaunaCabine individual showerCoss as well as I personalcoach (coaching form à la carte)10 avis12345j AI BIEN AIME SWEET LIGHT AND SEPARATE DOUCHES AND FACT CONCEPT FOR THOSE WHO DOMUNSCAL EFFORT SUBSCRIBERS (AFTER COVID) SUBSCRIBERS FOR SEVERAL YEARS , The Club wants, so I'll pay the newcomer's fee! (because I didn't re-register on days when i was covid) HONTEUX, never trust this sign again! Thank you Yves for your welcome full joie de vivre and good energy!!! Thanks for the very good quality welcome! would like to point out a flawless reception of Yves and especially people with a lot of good energy from the entrance to this room. Thank you Yves! Stay the way you are! I adore you! Circle of the Nation Shape Staff is pleasant. The place is clean and well equipped. The only negative is the sauna. The only bench in which is so shallow and ekki stuck on the walls that heat so impossible to lean. Circle popular form, the most good accueil. The room is clean, spacious and well aered. I got it. Very good, but crowded in the classroomSTover clean and well equipped. But the group course that I tested took place in an archi-full room where suitable for so many participants! do not recommend this gym I do not recommend this gym! do not recommend this gym at all. It's expensive for nothing. We are not given all the important information when we sign the contract. The reception is mediocre. I took the highest formula. But I bit my fingers. I could have made the cheapest one. The person he calls the coach is not really a coach. he took care of me for 3 minutes at a time and went about his business, of course, a pretty bad overall atmosphere, a big, new, pleasantroom is big, beautiful, equipped with new devices or in very good condition, but lacks free equipment. The changing rooms are clean and 2 separate closed showers are closed, but do this at every place we stay using these reviews. MetroLine: 1, 2, 6, 9, Nation Line: 8 Faidherbe, ChalignyName Network: Velib Nearest Terminal: 1 min. from your annual Pass CenterThis formula allows you to pay instantly to benefit from the Vitality program. Fitness, Les Mills, Dances, Martial Arts, Cardio-Training, Personalized Training, Sauna, Hammam from 625-year-old this formula allows you to pay monthly to benefit from the Vitality program. Fitness, Les Mills, Dance, Martial Arts, Cardio-Training, Personalized Training, Sauna, Hammam from 49.5-Annual PassThis formula allows you to pay instantly to benefit from the Martial Arts program. Sauna, Hammam - Martial Art of your choice: Tae Kwon Do, Karate, Tai-Jitsu, Judo - Ju-Jitsu, Full-Contact, Kung Fu, Brazilian JuJitsu, Fighting, Capoeira, Krav-Maga, Boxing Foot-Fist, Thai Boxing, French Boxing, Viet Vo Dao 39.9 Musculation, Cardio-Training, Personalized Training, Sauna, Hammam from 420 Euros Annual This formula allows you to pay monthly to benefit from the Fitness program. Musculation, Cardio-Training, Personalized Training, Sauna, Hammam from 35 euros per yearThis formula allows you to pay instantly to benefit from the Form-Access program. Unlimited access to offhead hours, Bodybuilding, Personalized Program, Cardio-Training, Hammam from 180 euros per yearThis formula allows you to pay each month to benefit from the Form-Access program. Unlimited access to offhead hours, Bodybuilding, Personalized Program, Cardio-Training, Sauna, Hammam of 15 Our mission is to help internet users find the right sport (re) to get into the gym and lead a healthier life. We work with 2,000 cinemas in France to give you as many choices as possible. Possible.

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