

PLANNING DES COURS COLLECTIFS

DU 18/05/2025 AU 23/05/2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10H00 30' ABDO FESSIERS	10H00 45' YOGALATES		10H00 45' BODY SCULPT	
10H30 45' BIKING	10H45 30' STRETCHING	10H30 45' ABDO FESSIERS	10H45 30' STRETCHING	10H30 45' TRAINING
12H30 45' TRAINING		12H30 45' YOGALATES	12H30 45' ABDO FESSIERS	12H30 45' YOGALATES
18H15 45' CROSS TRAINING	18H15 45' PUMP	18H15 45' HIIT	18H15 45' FIRE BODY	18H15 45' FIT DANCE
19H00 45' FIT DANCE	19H00 45' BIKING	19H00 45' CROSS TRAINING	19H00 45' FIT DANCE	19H00 45' BODY SCULPT
18H30 90' BOXE		18H30 90' BOXE		18H30 90' BOXE