

PLANNING DES COURS COLLECTIFS

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' CROSS TRAINING
12H30 45' CROSS TRAINING	12H30 45' BODY SCULPT	12H30 45' GYMBALL	12H30 45' ABDO FESSIERS	12H30 45' YOGALATES
15H30 45' BODY SCULPT	15H30 45' ABDO FESSIERS		15H30 45' GYMBALL	
16H15 30' YOGALATES	16H15 30' STRETCHING		16H15 30' STRETCHING	
17H30 45' AEROBIC 1	17H30 45' STEP 1	17H30 45' PILATES	17H30 45' CROSS TRAINING	17H30 45' ABDO FESSIERS
18H15 45' CROSS TRAINING	18H15 45' BODY SCULPT	18H15 45' AEROBIC 2	18H15 45' BIKING	18H15 45' STEP 2
19H00 45' BODY SCULPT	19H00 45' BIKING	19H00 45' CROSS TRAINING	19H00 45' ABDO FESSIERS	19H00 45' BODY SCULPT
18H30 90' BOXE		18H30 90' BOXE		18H30 90' BOXE