

# PLANNING Small Group Training

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h00	BODY SCULPT				GYM DOUCE	9h30 CIRCUIT REEBOK	
12h15	12h30 DOS & POSTURE	RPM	12h30 PILATES		CIRCUIT REEBOK	10h15 TRX	10h30 RPM
13h00		TRX			RPM		
17h15				TRX		<i>Le sport autrement!</i>	
18h00	PILATES	18h15 CIRCUIT REEBOK	18h30 TRX	BODY SHAPE	TRX		
19h00	RPM et YOGA	BODY SHAPE	19h15 RPM	CIRCUIT REEBOK	SOPHROLOGIE		