

PLANNING DE COURS COLLECTIFS

	Lundi	Mardi	Mercredi	Jeu	Vendredi
A Partir De					
9H					
10H	10:00 - 11:00 PILATES	10:00 - 11:00 C.A.F	10:00 - 11:00 FREETRAINING	10:00 - 11:00 FREEZEN	10:00 - 11:00 PILATES
11H	11:00 - 11:30 STRETCH				11:00 - 11:30 STRETCH
12H					
13H	12:30 - 13:30 STEP	12:30 - 13:30 FREETRAINING	12:30 - 13:30 C.A.F		12:30 - 13:30 STEP
14H					
15H					
16H					
17H		17:00 - 18:00 PILATES	17:00 - 18:00 FREECOMBAT		17:00 - 18:00 FREECOMBAT
18H	18:00 - 19:00 FREEBARRE	18:00 - 19:00 FREETRAINING	18:00 - 19:00 PILATES	18:00 - 19:00 C.A.F	18:00 - 19:00 FREEBIKE
19H	18:00 - 20:00 ZUMBA	19:00 - 20:00 FREEBIKE	18:00 - 20:00 FREEDANCE	18:00 - 20:00 ZUMBA	19:00 - 20:00 FREEZEN

Priscilla Julie Elsa Laurenzo
Ludovic Ophélie Audrey

