

PLANNING

COURS LIVE

DU 1ER SEPT AU 31 DEC

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Matin	9h30-10h15 BODYPUMP 10h30-11h15 STRETCHING	9h30-10h30 YOGA 10h30-11h15 SHAPES	9h30-10h15 SHAPES 10h30-11h15 PILATES	9h30-10h15 RPM 10h30-11h15 C.A.F	9h30-10h15 BODYBALANCE 10h30-11h00 100% ABDOS	9h30-10h15 BODYPUMP 10h30-11h15 RPM
Midi	12h30-13h15 RPM	12h30-13h15 BODYPUMP	12h30-13h15 CEREMONY	12h30-13h15 SHAPES	12h30-13h15 CROSS TRAINING	
Soir	18h00-18h45 BODYPUMP 19h00-19h45 BODYATTACK 19h45-20h30 YOGA	17h45-18h30 CEREMONY 18h45-19h30 RPM 19h30-20h15 ZUMBA	17h45-18h30 SHAPES 18h30-19h15 BODYATTACK 19h30-20h15 BODYBALANCE	17h45-18h30 PILATES 18h30-19h15 BODYPUMP 19h30-20h15 RPM 19h30-20h15 ZUMBA	18h00-18h45 RPM 19h00-19h45 CEREMONY	

C

Cardio-Training

R

Renforcement

MD

Méthode Douce

TT

Team Training

D

Danse

B

Boxing