

PLANNING

COURS LIVE

DU 1ER SEPT AU 31 DEC

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

C Cardio-Training

R Renforcement

MD Méthode Douce

TT Team Training

D Danse

B Boxing