

PLANNING DES COURS COLLECTIFS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
10H30	 BRAS / ABDOS	 Body Sculpt	 PILATES YOGA	  2 FOIS/MOIS	 CUISSES ABDOS FESSIERS
11H30	 PILATES BALLON	 CUISSES ABDOS FESSIERS	 Abdos Fessiers	 BRAS / ABDOS	 BRAS / BUSTE
12H30	 CUISSES ABDOS FESSIERS	 BRAS / BUSTE	 STRETCHING RELAX	 Body Sculpt	 GAINAGE
16H00	 YOGA STRETCHING	 BRAS / BUSTE	 ABDOS	 CUISSES ABDOS FESSIERS	 ABDOS TAILLES
17H15	 BRAS / BUSTE	 Abdos Fessiers	 Body Sculpt	 YOGA STRETCHING	 Body Sculpt
18H15	 ABDOS TAILLES	 PILATES	 CUISSES ABDOS FESSIERS	 ZUMBA fitness	 STEP CARDIO / PULSE ATTACK
19H15	 FIT BOXING	 ZUMBA fitness	 FIT BOXING	 ABDOS / STRETCH	 CUISSES ABDOS FESSIERS