

Cours Collectifs

	Lundi	Mardi	Mercredi	Jeudi
10h / 10h30	MakaJump 	Stretching 		
12h45/ 13h15	Circuit Training : Total Body 		Circuit Training : Cuisses-Abdos-Fessiers 	
18h30 / 19h	Power barre 	MakaJump 	Circuit training 	Abdos / Gainage 