

PLANNING FITNESS DU 03/09/2018 AU 23/12/2018

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h	🕒 9h30 (60') BODY PUMP	🕒 9h30 (45') CAF	🕒 9h30 (45') CAF	🕒 9h30 (45') BODY SCULPT	🕒 9h15 (60') PILATES	
10h	🕒 10h30 (60') PILATES 🕒 10h30 (45') BIKE	🕒 10h15 (60') BODY BALANCE	🕒 10h15 (45') STRETCHING 🕒 10h15 (45') BIKE	🕒 10h15 (60') BODY BALANCE	🕒 10h15 (45') ZUMBA 🕒 10h30 (45') BIKE	🕒 10h00 (45') BODY PUMP 🕒 10h45 (45') BIKE
11h						
12h	🕒 12h30 (45') ZUMBA	🕒 12h30 (45') CAF	🕒 12h30 (45') BODY PUMP	🕒 12h30 (45') BODY BALANCE	🕒 12h30 (45') CIRCUIT TRAINING	
17h	🕒 17h30 (60') TABATA	🕒 17h45 (45') CAF		🕒 17h45 (45') CIRCUIT TRAINING		
18h	🕒 18h15 (30') GRIT FORCE 🕒 18h30 (45') ZUMBA 🕒 18h45 (45') BIKE	🕒 18h30 (45') BODY JAM 🕒 18h30 (30') GRIT PLYO	🕒 18h00 (45') PILATES 🕒 18h15 (30') GRIT CARDIO 🕒 18h45 (60') BODY PUMP	🕒 18h30 (45') BODY ATTACK	🕒 18h00 (60') BODY PUMP	
19h	🕒 19h30 (60') BODY ATTACK	🕒 19h15 (45') BODY PUMP	🕒 19h45 (45') ZUMBA	🕒 19h15 (45') BODY JAM 🕒 19h15 (45') BIKE	🕒 19h00 (45') STEP	
20h		🕒 20h00 (45') BODY COMBAT		🕒 20h00 (30') STRETCHING		

Ce planning de cours collectifs est susceptible de subir des modifications en fonction des attentes des adhérents et des impératifs de production.

■ RENFORCEMENT MUSCULAIRE
 ■ CARDIO
 ■ CYCLING
 ■ BIEN-ÊTRE
 ■ COURS EN OPTION ET SUR RESERVATION

