



# PLANNING 4FITNESS DU 31/12/2018 AU 06/01/2019

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h	<ul style="list-style-type: none"> <li>9h30 (60') BODY PUMP</li> <li>9h30 (45') AQUA GYM</li> </ul>	 <p><i>Bonne Année</i></p> <p><i>2019</i></p>  <p><i>Fermeture à 16h00</i></p> <p><i>Bon Réveillon</i></p>	<ul style="list-style-type: none"> <li>9h30 (45') AQUA GYM</li> </ul>	<ul style="list-style-type: none"> <li>9h30 (45') AQUA GYM</li> </ul>	<ul style="list-style-type: none"> <li>9h30 (45') AQUA GYM</li> </ul>	
10h	<ul style="list-style-type: none"> <li>10h30 (45') STRETCHING</li> </ul>		<ul style="list-style-type: none"> <li>10h15 (45') CAF</li> </ul>	<ul style="list-style-type: none"> <li>10h00 (45') BODY SCULPT</li> <li>10h30 (45') AQUA BIKE</li> <li>10h45 (60') PILATES</li> </ul>	<ul style="list-style-type: none"> <li>10h15 (45') CAF</li> </ul>	<ul style="list-style-type: none"> <li>10h00 (45') AQUA BIKE</li> <li>10h45 (45') BIKE</li> </ul>
12h	<ul style="list-style-type: none"> <li>12h30 (45') AQUA GYM</li> </ul>		<ul style="list-style-type: none"> <li>12h30 (45') BODY PUMP</li> </ul>		<ul style="list-style-type: none"> <li>12h30 (45') GYM DOUCE</li> </ul>	
17h						
18h				<ul style="list-style-type: none"> <li>18h00 (45') AQUA GYM</li> <li>18h45 (60') BODY JAM</li> </ul>	<ul style="list-style-type: none"> <li>18h30 (45') AQUA GYM</li> <li>18h30 (45') BIKE</li> </ul>	<ul style="list-style-type: none"> <li>18h00 (60') BODY PUMP</li> </ul>
19h				<ul style="list-style-type: none"> <li>19h15 (45') CIRCUIT TRAINING</li> </ul>	<ul style="list-style-type: none"> <li>19h00 (45') AQUA GYM</li> </ul>	

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

