

Planning des cours collectifs

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h	Taille Abdos 30'		Gym Douce 30'	Body Sculpt 60'	Cuisses Fessiers 30'	Abdos Fessiers 30'
10h30	Cuisses Fessiers 30'		Gym Tonic 30'		Taille Abdos 30'	Magic Combat 30'
						11h Body Sculpt 45'
12h30	Body Sculpt 60'		Cuisses Fessiers 30'	Taille Abdos 30'	Body Sculpt 60'	11h45 Biking 45'
			13h Taille Abdos 30'	13h Cuisses Fessiers 30'		
			18h Body Sculpt 45'	18h Abdos Fessiers 30'	18h Abdos Flash 15'	
18h30	Taille Abdos 30'	18h30 Step 30'		18h30 Circuit Training 30'	18h15 Step Cardio 30'	
19h	Cuisses Fessiers 30'	19h Biking 45'	18h45 Abdos Flash 15'	19h ZUMBA 45'	18h45 Body Sculpt 45'	
19h30	Body Sculpt 45'	19h45 Abdos Fessiers 30'	19h Cuisses Fessiers 30'	19h45 Biking 45'		
20h15	Djembel 45'	20h15 Cardio Power 45'				

Planning susceptible d'être modifié sans préavis