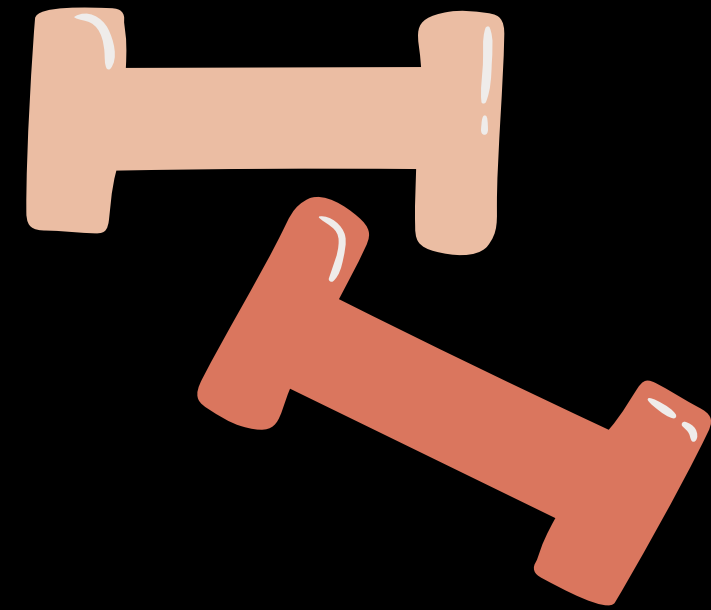


NOUVEAU PLANNING COURS COLLECTIFS

A compter du
06/02

Alex Bilel Romane Sylvie
Naïm Alexandra Armand



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

Matin

8H30-9H45
YOGA DOUX

9H-10H
YOGA

10H-10H45
BODY SCULPT

9H45-11H
YOGA DYNAMIQUE

9H45-10H30
CIRCUIT TRAINING

10H-11H
PILATES

10H-11H
PILATES

10H30-11H30
CIRCUIT TRAINING

10H15-11H
BODY SCULPT

10H45-11H30
STRETCHING

11H30-12H30
BODY SCULPT

10H30-11H15
BALANCE

11H-12H
CROSS

11H30-12H30
PILATES

11H-12H15
ZUMBA

Midi

18H30-19H15
CAF

18H30-19H
ABDOS FESSIERS

18H45-19H45
BODY BARRE

19H-19H45
HIT / CROSS

18H45-19H45
BODY BOXE

12H30-13H15
STRETCHING
POSTURAL

Soir

19H15-20H15
ZUMBA

19H-19H45
BOOT CAMP

19H45-20H30
BODY BOXE

19H45-20H30
BODY BARRE

19H45-20H30
CAF

