




## PLANNING DES COURS COLLECTIFS

LUNDI	MARDI	MERCREDI	JEUDI	SAMEDI
<b>CAF</b> 12.15-12.45	<b>PILATES</b> 12.15-12.45	<b>BODY SCULPT</b> 12.15-12.45	<b>ABDOS FLASH</b> 12.15-12.45	<b>CAF</b> 10.30-11.00
<b>PILATES</b> 12.45-13.15	<b>ABDOS FLASH</b> 12.45-13.15	<b>DOS ABDOS</b> 12.45-13.15	<b>STRETCHING</b> 12.45-13.15	 <b>ZUMBA</b> fitness 11.00-12.00
<b>BODY SCULPT</b> 18.30-19.15	<b>CAF</b> 18.30-19.00	<b>ABDOS FLASH</b> 18.30-19.00	<b>PILATES</b> 18.30-19.00	
<b>COACHING</b> 17.00-19.00	<b>CIRCUIT TRAINING</b> 19.00-19.30	<b>ABDOS FLASH</b> 19.00-19.45	<b>ABDOS FLASH</b> 19.00-19.15	
 <b>ZUMBA</b> fitness 19.15-20.00	<b>FAT BURNER</b> 19.30-20.15	<b>AEROBOXE</b> 19.00-19.45	 <b>ZUMBA</b> fitness 19.15-20.00	

