

PLANNING DES COURS COLLECTIFS

LUNDI	MARDI	MERCREDI	JEUDI	SAMEDI
NEW SPÉCIAL FESSIERS 12.15-12.30	PILATES 12.15-12.45	BBE 12.15-12.45	ABDOS FLASH 12.15-12.30	CAF 10.30-11.00
NEW  ZUMBA fitness 12.30-13.15	DOS & ABDOS 12.45-13.15	CAF 12.45-13.15	NEW AÉROBOXE 12.30-13.15	NEW AÉROBOXE 11.00-11.45
BODY SCULPT 18.30-19.00	CAF 18.30-19.00	ABDOS FLASH 18.30-18.45	ABDOS FLASH 18.30-18.45	
NEW AÉROBOXE 19.00-19.45	BBE 19.00-19.30	BODY SCULPT 18.45-19.15	CIRCUIT TRAINING 18.45-19.30	
	CIRCUIT TRAINING 19.30-20.15	NEW  ZUMBA fitness 19.15-20.00	PILATES 19.30-20.00	

