



Planning Fitness.

Lundi.

12:30 - 13:15

ABDOS . FESSIERS
CUISSSES

17:45 - 18:15

FESSIERS
CUISSSES

18:15 - 19:00

PILATES

19:00 - 19:50

HIIT
(HIGH INTENSITY
INTERVAL TRAINING)

Mardi.

12:30 - 13:15

CIRCUIT MINCEUR

17:45 - 18:15

ABDOS
TAILLE . DOS

18:15 - 19:00

ZUMBA

19:00 - 19:50

FIT
& STEP

Mercredi.

12:30 - 13:15

PILATES

17:45 - 18:15

HIIT
(HIGH INTENSITY
INTERVAL TRAINING)

18:15 - 19:00

ABDOS . FESSIERS
CUISSSES

19:00 - 19:50

YOGA PILATES

Jeudi.

12:30 - 13:15

HIIT
(HIGH INTENSITY
INTERVAL TRAINING)

17:45 - 18:15

POITRINE
BRAS . DOS

18:15 - 19:00

CIRCUIT MINCEUR

19:00 - 19:50

FIT
& SWISSBALL

Vendredi.

12:30 - 13:15

STRETCHING
ZEN

Samedi.

10:00 - 10:50

CIRCUIT MINCEUR
(LES DEUX 1^{ERS}
SAMEDI DU MOIS)

AFRO DANCE
(LES DEUX DERNIERS
SAMEDI DU MOIS)

11:00 - 11:30

ABDOS
FESSIERS

11:30 - 12:00

STRETCHING
ZEN