

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN/MIDI	PILATES 12H15   ZUMBA 13H 	CIRCUIT CARDIO 12H15  BODY SCULPT 13H 		CAF 12H15  BODY ZEN 13H 	SPÉCIAL GAINAGE 12H15  CIRCUIT CARDIO 13H 	PILATES 10H  FONCTIONNAL STEP 11H  BODY BARRE 11H45 
SOIR	BODY SCULPT 18H15   ZUMBA 19H  CARDIO FIGHT 19H45  BOXE 20H30 	ABDOS/FESSIERS 18H15  STEP 19H  BODY BARRE 19H45 	BOXE ENFANTS 17H  BOXE 18H  K-STEP 19H  CROSS TRAINING 20H10 	PILATES 18H15   ZUMBA 19H  CAF 20H  BODY ZEN 20H45 	SWISS BALL 18H  CARDIO JUMP 18H45  BODY SCULPT 19H30   ZUMBA 20H15 	

PLANNING FITNESS

