



PLANNING Du 4 Septembre au 31 Décembre

LUNDI 8h30-21h	MARDI 8h30-21 h	MERCREDI 8h30-21h	JEUDI 8h30-21h	 VENDREDI 8h30-19h30	SAMEDI 9h-12h
9h Cardio FAC	9h Full Body	9h CROSS TRAINING	9h FIT BALL	9h CAF	9h Full Body
10h Stretching	10h PILATES	10h LES MILLS BODYBALANCE	10h Stretching	10h PILATES	10h Stretching
	11h Réadaptation fonctionnelle				10h CROSS TRAINING
					11h LIA
12h20 LES MILLS BODYPUMP	12h20 STEP	12h20 CAF	12h20 LES MILLS BODYATTACK	12h20 PILATES FITBALL	 HAPPY  FITNESS CLUB DE REMISE EN FORME ZONE CALIFORNIE - SAINT REMY www.happyfitness.club
	12h20 BIKE			14h15 CROSS TRAINING	
14h15 CROSS TRAINING			14h15 CAF		
17h30 Full body	17h30 LES MILLS BODYBALANCE	17h30 Full Body	17h30 ZUMBA	17h30 BODY JAM	
17h30 BIKE			18h BIKE	18h CROSS TRAINING	
18h30 STEP 2	18h30 CAF	18h30 HIT BOXING	18h30 LES MILLS BODYPUMP	18h30 30' LES MILLS BODYPUMP	
18h30 CROSS TRAINING	18h30 CROSS TRAINING		19h CROSS TRAINING	19h15 LES MILLS BODYATTACK	
19h30 PILATES	19h30 LES MILLS BODYATTACK	19h30 LES MILLS BODYPUMP	19h30 CAF		
	19h30 BIKE				Bénéfices du cours tonifier, sculpter danser, transpirer se défouler, mincir zen & bien-être

