



**NICE**  
21 AV S'AUGUSTIN

04 93 39 17 00

## LE PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
09h		CROSS TRAINING		CROSS TRAINING	
12h30	BODY SCULPT	C.A.F		CARDIO SCULPT	CROSS TRAINING
18h	CIRCUIT TRAINING	ABDO FLASH	CIRCUIT TRAINING	ABDO FLASH	CIRCUIT MINCEUR
18h30	C.A.F	CROSS TRAINING	PILATES	FAT BURNER	STEP
19h15	FAT BURNER	STEP	BODY BARRE	BODY SCULPT	METAFIT