

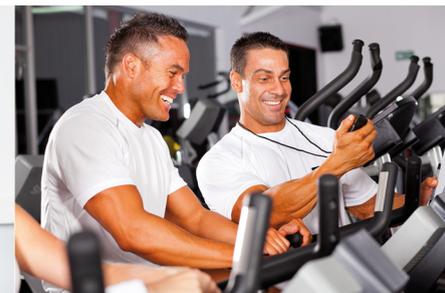
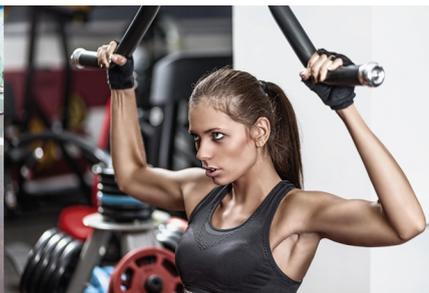


PLANNING



	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	
9H	LES MILLS BODYPUMP	Pilates	BODY SCULPT	CIRCUIT TRAINING	ELASTIC WORK 30'	
9H30					ABDOS FESSIERS 30'	
10H	Stretching		LES MILLS BODYBALANCE		Stretching	BODY SCULPT
11H	LES MILLS BODYBALANCE					Stretching
12H30	Pilates	CIRCUIT MINCEUR	ABDOS FESSIERS	Stretching	BODY SCULPT	
17H30	ABDOS FESSIERS	CROSS TRAINING	ELASTIC WORK	ABDO FLASH	STEP	
18H	LES MILLS BODYPUMP	BODY SCULPT	CROSS TRAINING	LES MILLS BODYPUMP	Pilates	
19H		Stretching	Pilates	STEP	ABDOS FESSIERS	

Ce planning peut être modifié à tout moment



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