



# COURS FITNESS

PLANNING 30133  
A PARTIR DU 28 JANVIER 2019

	12:30 - 13:15	17:30 - 18:15	18:15 - 19:00	19:00 - 19:45	19:45 - 20:30			
LUNDI	PILATES	C.A.F	ZUMBA	PUMP	BIKING			
MARDI	9:45 - 10:30	11:45 - 12:30	12:30 - 13:15	17:30 - 18:00	18:00 - 18:45	18:00 - 18:45	18:45 - 19:30	19:00 - 20:00
	FITBALL	TRAINING MUSCU *	TOTAL RENFO	PILATES	URBAN JUMPING	FUNCTIONAL TRAINING	TRAINING MUSCU *	BOXING
MERCREDI	10:45 - 11:45	12:30 - 13:15	17:30 - 18:15	18:15 - 19:00	19:00 - 19:45	19:45 - 20:30		
	YOGA	PUMP	BIKING	SH'BAM	ATTACK	FUNCTIONAL TRAINING		
JEUDI	10:30 - 11:15		17:30 - 18:15	18:00 - 18:45	18:15 - 18:45	18:45 - 19:45	18:45 - 19:30	
	GYM DOUCE		YOGA	TRAINING MUSCU *	C.A.F	ELGO DANCE	CIRCUIT TRAINING	
VENREDI	12:30 - 13:30				19:00 - 20:00			
	YOGA				CIRCUIT TRAINING			
SAMEDI	10:00 - 10:45	11:45 - 12:30						
	C.A.F	ATTACK						

## URBAN JUMPING : COURS SUR TRAMPOLINE

\*TRAINING MUSCU : SUR RESERVATION LIMITE A 15 PERSONNES



4 CLUBS EN PROVENCE (MARSEILLE 6, MARSEILLE 7, AVIGNON, AVIGNON LES ANGLÉS)