



COURS FITNESS

**PLANNING 13006
A PARTIR DU 7 JANVIER 2019**

	12:30 - 13:15	17:30 - 18:15	18:15 - 19:00	19:00 - 19:45	19:45 - 20:30	
LUNDI	C.A.F	CARDIO BALL	PUMP	SH'BAM	FUNCTIONAL TRAINING	
	10:30 - 11:15	12:30 - 13:15	17:30 - 18:00	18:00 - 18:45	18:00 - 18:45	18:45 - 19:30 19:30 - 20:15
MARDI	C.A.F	PILATES	BOXING	ATTACK	C.A.F	PILATES BIKING SPIVI
	9:30 - 10:15	12:30 - 13:15	17:30 - 18:15	17:30 - 18:15	18:15 - 19:00	19:00 - 19:45
MERCREDI	GYM POSTURALE	GYM POSTURALE SPECIAL DOS	PUMP	GYM POSTURALE	SH'BAM	FUNCTIONAL TRAINING
	11:00 - 11:45	12:30 - 13:15	17:30 - 18:15	18:15 - 19:00	18:00 - 19:00	19:00 - 19:45 19:45 - 20:30
JEUDI	TOTAL RENFO	FUNCTIONAL TRAINING	C.A.F	GYM POSTURALE	YOGA DYNAMIQUE	ATTACK BOXING
	12:30 - 13:15	17:45 - 18:30	18:30 - 19:15			
VENDREDI		BODY MOVE	T.R.X	BIKING SPIVI		
	10:15 - 11:00	11:00 - 11:45				
SAMEDI	C.A.F	SH'BAM				

**COURS DE BIKING VIDEO INTERACTIF 3D
AVEC OU SANS COACH NON STOP**

