

PLANNING COURS COLLECTIFS

2021-2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12H15-13H15	12H15-12H45	12H15-12H45	12H15-12H45	12H15-12H45
PILATES	HIIT TRAINING	ABDOS FESSIERS	BODY BARRE	HIIT TRAINING
	12H45-13H15	12H45-13H30	12H45-13H15	12H45-13H30
	BODY SCULPT	YOGA	CARDIO BOXING	PILATES
18H30-19H00	18H45-19H15		18H45-19H15	
ABDOS FESSIERS	HIIT TRAINING		HIIT TRAINING	
19H00-20H00	19H15-20H00		19H15-20H00	
PILATES	CARDIO BOXING		CARDIO ATTACK	
	20H00-20H30		20H00-20H30	
	ABDOS FESSIERS		ABDOS FESSIERS	

CODE COULEUR

CARDIO

RENFORCEMENT MUSCULAIRE

GYM DOUCE

REJOIGNEZ LA COMMUNAUTÉ

