



Planning des cours sur vidéo

En libre accès tous les jours du Lundi au Dimanche

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
6h15 Body Sculpt	6h15 Yoga	6h15 CAF	6h15 Core Training	6h15 Total Shape	6h15 Pilates	6h15 Gym Ball
7h20 Flash ABS	7h15 Total Shape	7h10 Gym Ball	7h00 Tabata	6h55 Core Training	7h15 CAF	7h35 Tabata
7h45 Yoga	7h55 Tabata	8h05 Core Training	7h10 Yoga	7h35 Stretching	8h05 Tabata	7h45 CAF
8h45 Step	8h05 Flash ABS	8h45 Yoga	8h10 Flash ABS	8h30 CAF	8h15 Flash ABS	8h40 Core Training
9h50 Gym Ball	8h30 LIA	9h45 Stretching	8h35 Core Training	9h25 Total Shape	8h40 Stretching	9h20 Total Shape
10h45 CAF	9h30 Core Training	10h40 Gym Ball	9h15 Pilates	10h05 Step	9h35 Body Sculpt	10h00 Yoga
11h40 Core Training	10h10 Tabata	11h35 Total Shape	10h15 LIA	11h10 Tabata	10h40 Tabata	11h00 Tabata
12h20 Total Shape	10h20 Body Sculpt	12h15 Flash ABS	11h15 Stretching	11h20 Body Sculpt	10h50 Gym Ball	11h10 Core Training
13h Flash ABS	11h25 Step	12h40 Tabata	12h10 Flash ABS	12h25 LIA	11h45 Flash ABS	11h55 Pilates
13h25 Tabata	12h30 Flash ABS	12h50 Step	12h35 Total Shape	13h25 Flash ABS	12h10 Yoga	12h55 Flash ABS
13h30 Stretching	12h55 CAF	13h55 CAF	13h15 Gym Ball	13h50 Yoga	13h10 Total Shape	13h20 Tabata
14h25 Gym Ball	13h50 Yoga	14h50 LIA	14h10 Core Training	14h50 Core Training	13h50 Step	13h30 LIA
15h20 Pilates	14h50 Total Shape	15h50 Flash ABS	14h50 Stretching	15h35 CAF	14h55 Flash ABS	14h30 Yoga
16h20 Body Sculpt	15h30 Body Sculpt	16h15 Total Shape	15h45 Body Sculpt	16h30 Stretching	15h15 Stretching	15h30 CAF
17h25 Total Shape	16h35 Core Training	16h55 Gym Ball	16h50 Pilates	17h25 Body Sculpt	16h10 Flash ABS	16h25 Core Training
18h05 Yoga	17h15 Tabata	17h50 Pilates	17h50 Tabata	18h30 Pilates	16h35 Yoga	17h00 Body Sculpt
19h05 Tabata	17h25 Gym Ball	18h50 Body Sculpt	18h00 Yoga	19h30 LIA	17h35 Core Training	18h05 Pilates
19h15 Core Training	18h20 Flash ABS	19h55 CAF	19h00 LIA	20h30 Flash ABS	18h20 Step	19h05 Tabata
19h50 Step	18h45 Pilates	20h50 Total Shape	19h55 Flash ABS	20h55 Body Sculpt	19h25 LIA	19h15 Core Training
20h45 LIA	19h45 LIA	21h30 LIA	20h20 Core Training	22h00 Stretching	20h25 CAF	20h00 Yoga
21h45 Gym Ball	20h45 Total Shape	22h30 Total Shape	21h00 Gym Ball		21h20 Pilates	21h00 Total Shape
22h40 Flash ABS	21h25 Body Sculpt		21h55 Total Shape		22h20 Core Training	21h40 CAF
	22h30 Core Training		22h35 Flash ABS			22h35 Core Training