

PLANNING : 60 COURS COLLECTIFS

<i>LUNDI</i> 9H15 Abdos Fessiers 40' 10H00 Stretching 45' 10H50 Gym Postural 45' 12H30 RPM 40' Pilates 40' 18H00 CXworx 30' HBX Boxing 30' 18h35 RPM 45' BodyBalance 45' 18H45 Body Attack 45' 19H00 TRX 30' 19H35 BodyPump 45'	<i>MARDI</i> 9H00 RPM 45' 9H15 Pilates 45' 10H00 Yoga 45' 11H00 TRX 30' 12H30 Abdos Fessiers 40' HIT 30' 18H00 Abdos Fessiers 40' 18H45 BodyCombat 45' RPM 45' 19H35 Yoga 40' HBX Boxing 30'	<i>MERCREDI</i> 9H15 Abdos Fessiers 40' 10H00 Pilates 30' 10H30 Stretching 45' 12H30 BodyPump 45' 18H00 BodyPump 45' Pilates 30' 18H30 Stretching 30' 19H00 BodyAttack 30' RPM 45' 19H35 Zumba niv.2 60'
<i>JEUDI</i> 9H30 CXworx 30' 10H00 HIT 30' 10H30 TRX 30' 12H30 Yoga 45' HBX Boxing 30' 17H45 HIT 30' 18H15 BodyCombat 45' 18H30 CXworx 30' 19H00 Sh'Bam 45' BodyBalance 45' 19H15 RPM 45'	<i> VENDREDI</i> 9H15 Abdos Fessiers 40' 10H00 PilatesStretch 45' 10H50 Gym Postural 45' 12H30 TRX 30' 18H00 Zumba Niv.1 45' RPM 45' 18H30 Abdos Fessiers 40' 18H50 BodyPump 45' 19H00 Stretching 30'	<i>SAMEDI</i> 9H30 RPM 45' 10H30 BodyPump 60' Yoga 45' 11H35 BodyBalance 45' ou Stretching 45' selon coach présent <i>DIMANCHE</i> 11H00 Abdos Fessiers 30' 11H30 Stretching 30'