

## - PLANNING DES COURS **LIVE** -

LUNDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
FITNESS	FITNESS	CROSS	FITNESS	FITNESS
	10h00 (55') <b>PILATES 2</b>			10h00 (55') <b>LES MILLS BODYPUMP</b>
	11h00 (55') <b>PILATES 1</b>			11h00 (55') <b>STEP FUN</b>
				14h30 (55') <b>ZUMBA FINEST</b>
				15h30 (30') <b>CUISSES ABDOS FESSIERS</b>
17h30 (55') <b>YOGA VINYASA</b>	18h00 (30') <b>ÉTIREMENTS</b>	18h00 (60') <b>CROSS JÉRÉMY R</b>	18h00 (30') <b>CUISSES ABDOS FESSIERS</b>	
18h30 (55') <b>LES MILLS BODYCOMBAT</b>	18h30 (30') <b>CORE TRAINING</b>		18h30 (45') <b>ZUMBA FINEST</b>	
	19h00 (55') <b>AÉRO</b>		19h15 (45') <b>LES MILLS BODYBALANCE</b>	
19h30 (55') <b>LES MILLS BODYPUMP</b>				