

PLANNING DES COURS COLLECTIFS

■ Salle de cours 1
■ Salle de cours 2

	MATIN			MIDI		SOIR		
	9h00	10h00	11h00	12h00	13h00	18h00	19h00	20h00
Lundi 7h30 21h30		Bodysculpt 9h15 (55')						
					Cross Training 12h30 (30')			
						The Mix by piloxing 18h00 (55')	Bodypump 19h00 (55')	
						Spinning 18h00 (55')	HIIT 19h00 (30')	
Mardi 7h30 21h30		CAF 9h15 (55')						
					TRX 12h30 (30')			
						Zumba 18h00 (55')		
						TRX 18h15 (30')	Spinning 19h00 (55')	
Mercredi 7h30 21h30		Bodybalance 9h15 (55')						
						Bodybalance 18h00 (55')	HIIT 19h00 (30')	
								TRX 19h30 (30')
Jeudi 7h30 21h30		Bodypump 9h15 (55')			Pilates 12h15 (45')			
						Bodypump 18h00 (55')	Bodybalance 19h00 (55')	
						HIIT 18h15 (30')	Cross Training 19h00 (30')	
Vendredi 7h30 21h30		Pilates 9h15 (55')						
					TRX 12h30 (30')			
						Spinning 18h00 (55')		
Samedi 8h00 17h00								
			Cross Training 10h15 (30')					
Dimanche 8h00 17h00								
			Spinning 10h15 (55')					