

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')					Core-Training 18h15 (40')	Bodypump 19h00 (55')	
				Cross Training 12h30 (30')		Spinning 18h00 (55')	HIIT 19h00 (30')	
Mardi 7h30 21h30	CAF 9h15 (55')					Fit Dance Latino 18h00 (55')		
				TRX 12h30 (30')		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')							
				Abdos flash 12h30 (30')		Spinning 18h00 (55')		
Samedi 8h00 17h00		Cross Training 10h15 (45')						
Dimanche 8h00 17h00								
		Spinning 10h15 (55')						