

PLANNING DES COURS COLLECTIFS

■ Salle de cours 1
■ Salle de cours 2

	MATIN			MIDI	SOIR				
	9h00	10h00	11h00	12h00	13h00	18h00	19h00	20h00	21h00
Lundi									
7h30									
1									
21h30									
Mardi									
7h30									
1									
21h30									
Mercredi									
7h30									
1									
21h30									
Jeudi									
7h30									
1									
21h30									
Vendredi									
7h30									
1									
21h30									
Samedi									
8h00									
1									
17h00									
Dimanche									
8h00									
1									
17h00									

Bodysculpt

9h15 (55')

Pilates

9h15 (55')

Bodybalance

9h15 (55')

Core Stretching

9h15 (55')

Cross training

9h15 (45')

Cross training

10h15 (45')

Spinning

10h15 (55')

Cross Tr.

12h30 (30')

Abdos flash

12h30 (30')

Core training

18h15 (40')

Spinning

18h15 (40')

Fit Dance Latino

18h00 (55')

Bodybalance

18h00 (55')

Bodypump

18h00 (55')

Spinning

18h00 (55')

Bodypump

19h00 (55')

Yoga

19h00 (115')

Spinning

19h00 (55')

HIIT

19h00 (30')

TRX

19h30 (30')

Bodybalance

19h00 (55')