

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 21h30	<div style="background-color: #a1887f; padding: 5px;"> Bodysculpt 9h15 (55') </div>				<div style="background-color: #e91e63; padding: 5px;"> Cross Tr. 12h30 (30') </div>	<div style="background-color: #a1887f; padding: 5px;"> Core training 18h15 (40') </div>	<div style="background-color: #e91e63; padding: 5px;"> Spinning 18h15 (40') </div>	<div style="background-color: #a1887f; padding: 5px;"> Bodypump 19h00 (55') </div>	
Mardi 7h30 21h30	<div style="background-color: #a1887f; padding: 5px;"> Pilates 9h15 (55') </div>					<div style="background-color: #a1887f; padding: 5px;"> Fit Dance Latino 18h00 (55') </div>	<div style="background-color: #a1887f; padding: 5px;"> Yoga 19h00 (1'15) </div>	<div style="background-color: #e91e63; padding: 5px;"> Spinning 19h00 (55') </div>	
Mercredi 7h30 21h30	<div style="background-color: #a1887f; padding: 5px;"> Bodybalance 9h15 (55') </div>					<div style="background-color: #a1887f; padding: 5px;"> Bodybalance 18h00 (55') </div>	<div style="background-color: #a1887f; padding: 5px;"> HIIT 19h00 (30') </div>	<div style="background-color: #e91e63; padding: 5px;"> TRX 19h30 (30') </div>	
Jedi 7h30 21h30	<div style="background-color: #a1887f; padding: 5px;"> Core Stretching 9h15 (55') </div>					<div style="background-color: #a1887f; padding: 5px;"> Bodypump 18h00 (55') </div>	<div style="background-color: #a1887f; padding: 5px;"> Bodybalance 19h00 (55') </div>		
Vendredi 7h30 21h30	<div style="background-color: #e91e63; padding: 5px;"> Cross training 9h15 (45') </div>						<div style="background-color: #e91e63; padding: 5px;"> Spinning 18h00 (55') </div>		
Samedi 8h00 17h00		<div style="background-color: #e91e63; padding: 5px;"> Cross training 10h15 (45') </div>							
Dimanche 8h00 17h00		<div style="background-color: #e91e63; padding: 5px;"> Spinning 10h15 (55') </div>							