

























PLANNING COURS COLLECTIFS DU 1 AU 7 AOUT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>09H30 - 10H15</p> <p>CIRCUIT CARDIO</p> 	<p>09H30 - 10H15</p> <p>CIRCUIT TRAINING</p> 	<p>09H30 - 10H15</p> <p>POSTURAL TRAINING</p> 	<p>09H30 - 10H15</p> <p>BODY ZEN</p> 	<p>09H30 - 10H15</p> <p>C.A.F.</p> 		
<p>10H20 - 11H05</p> <p>PILATES</p> 	<p>10H20 - 11H05</p> <p>YOGA</p> 	<p>10H20 - 11H05</p> <p>BODY SCULPT</p> 	<p>10H20 - 11H05</p> <p>FUNCTIONAL TRAINING</p> 	<p>10H20 - 11H05</p> <p>STRETCHING</p> 		
<p>12H30 - 13H00</p> <p>CIRCUIT RENFO</p> 	<p>12H30 - 13H00</p> <p>ABS TRAINING</p> 		<p>12H30 - 13H00</p> <p>CROSS TRAINING</p> 	<p>12H30 - 13H00</p> <p>CIRCUIT CARDIO</p> 		
<p>18H00 - 18H30</p> <p>L'ATELIER DU COACH</p> 	<p>18H00 - 18H30</p> <p>L'ATELIER DU COACH</p> 	<p>18H00 - 18H30</p> <p>L'ATELIER DU COACH</p> 	<p>18H00 - 18H30</p> <p>L'ATELIER DU COACH</p> 	<p>18H30 - 19H15</p> <p>L.I.A.</p> 		
<p>18H45 - 19H30</p> <p>H.I.I.T.</p> 	<p>18H45 - 19H30</p> <p>BODY BARRE</p> 	<p>18H45 - 19H30</p> <p>CIRCUIT TRAINING</p> 	<p>18H45 - 19H30</p> <p>BODY SCULPT</p> 			
<p>19H30 - 20H15</p> <p>C.A.F.</p> 	<p>19H30 - 20H15</p> <p>STEP DÉBUTANT</p> 	<p>19H30 - 20H15</p> <p>YOGA</p> 	<p>19H30 - 20H15</p> <p>H.I.I.T.</p> 	<p>19H30 - 20H15</p> <p>STEP INTERMÉDIAIRE</p> 		

Des coachs,
des cours,
du sport !

Magic Form