

## PLANNING COURS TERRESTRES - À PARTIR DU 29 NOVEMBRE 2021

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h-9h45 BODY SCULPT	9h-10h BODY PUMP	9h-9h45 CAF	9h-10h POSTURAL	9h-9h45 PILATES	9h-9h45 RPM
10h-11h30 VINYASA YOGA	10h-10h45 STRETCHING	10h-11h BODY BALANCE	10h-11h YIN YOGA	10h-10h45 RPM	10h-11h BODY PUMP 11h-11h45 STRETCHING
12h30-13h15 BODY BALANCE	12h30-13h15 CROSS TRAINING	12h30-13h15 RPM	12h30-13h HIIT	12h30-13h15 BODY PUMP	
		14h-15h CROSS KIDS 6 à 10 ANS			
		15h-16h CROSS KIDS 11 à 15 ANS			
18h-18h45 RPM	18h-18h45 CAF	18h-18h45 PILATES	18h-19h BODY PUMP		
19h-20h BODY PUMP	19h-19h45 RPM	19h-19h45 BODY SCULPT	19h-20h BODY BALANCE		
20h-21h STEP	20h-20h45 TRX	20h-21h ZUMBA	20h-20h30 HIIT	20h-20h45 CROSS TRAINING	