

PLANNING FITNESS - ÉTÉ 2022

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|-----------------------------|-----------------------------|-------------------------|-----------------------------|-----------------------------|-----------------------------|
| 9h-9h45 BODY SCULPT | 9h-9h45 BODY PUMP | 9h-9h45 CAF | 9h-10h POSTURAL | 9h-9h45 PILATES | 9h-9h45 BIKING |
| 10h-11h30 VINYASA YOGA | 10h-10h45 BALANCE | 10h-10h45 STRETCHING | 10h-11h YIN YOGA | 10h-10h45 BIKING | 10h-10h45 BODY PUMP |
| | | | 10h15-11h BIKING VIRTUEL | | 11h-11h45 STRETCHING |
| 12h15-13h BIKING VIRTUEL | 12h15-13h CROSS TRAINING | 12h15-13h BIKING | 12h15-12h45 HIIT | 12h15-13h BODY PUMP | 12h15-13h BIKING VIRTUEL |
| 18h-18h45 BIKING | 18h-18h45 CAF | 18h-18h45 PILATES | 18h-18h45 BODY PUMP | 18h-18h45 BIKING VIRTUEL | |
| 19h-19h45 STEP | 19h-19h45 BIKING | 19h-19h45 ZUMBA | | | |