

PLANNING FITNESS

LUNDI	MARDI	MERCREDI	JEUDI		VENDREDI	SAMEDI
9h-9h45 BODY SCULPT	9h-10h BODY PUMP	9h-9h45 CAF	9h-10h POSTURAL	9h-9h45 BIKING VIRTUEL	9h-9h45 PILATES	9h-9h45 BIKING
10h-11h30 VINYASA YOGA	10h-10h45 STRETCHING	10h-11h BODY BALANCE	10h-11h YIN YOGA		10h-10h45 BIKING	10h-11h BODY PUMP
						11h-11h45 STRETCHING

12h15-13h BODY BALANCE	12h15-13h CROSS TRAINING	12h15-13h BIKING	12h15-12h45 HIIT		12h15-13h BODY PUMP	
13h15-13h45 BIKING VIRTUEL					13h15-13h45 BIKING VIRTUEL	13h30-14h15 BIKING VIRTUEL
		14h-15h CROSS KIDS 6 à 10 ANS				
		15h-16h CROSS KIDS 11 à 15 ANS				

18h-18h45 BIKING	18h-18h45 CAF	18h-18h45 PILATES	18h-19h BODY PUMP	18h-18h45 BIKING VIRTUEL
19h-20h BODY PUMP	19h-19h45 BIKING	19h-19h45 BODY SCULPT	19h-20h BODY BALANCE	
20h-21h STEP	20h-20h45 TRX	20h-21h ZUMBA	20h-20h30 HIIT	20h-20h45 CROSS TRAINING