

PLANNING COURS

SALLE DE FITNESS

	12 ^H	15	30	45	13 ^H	15	30	45	14 ^H	18 ^H	15	30	45	19 ^H	15	30	45	20 ^H	15	30	45	21 ^H
Lun.			PILATES									ZUMBA						YOGA				
Mar.			BACK FIT									BODY SHAPE										
Mer.			GROUP CYCLE									PILATES										
Jeu.			YOGA									FULL BODY										
Ven.			PILATES									POWER WORKOUT										
	12 ^H	15	30	45	13 ^H	15	30	45	14 ^H	18 ^H	15	30	45	19 ^H	15	30	45	20 ^H	15	30	45	21 ^H