


PLANNING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h00 Abdos fessiers 30'	10h00 Gym douce 30'	10h00 Training 60'	10h00 Pump 45'	10h00 Abdos fessiers 30'	10h00 Training 60'	10h00 Zumba 30'
10h30 Training 30'	10h30 Abdos fessiers 30'		10h45 Attitude 30'	10h30 Jumping 30'		10h30 Intégral 30'
12h30 Pump 45'	12h30 Abdos fessiers 45'	12h30 Intégral 45'	12h30 Training 45'	12h30 Biking 45'	CARDIO MUSCU FITNESS SAUNA HAMMAM COACHING PESÉE	
Coaching plateau	Coaching plateau	15h00 Kids 60'	Coaching plateau	Coaching plateau		
17h30 Training 45'	17h30 Pump 45'	17h30 Abdos fessiers 30'	17h30 Training 30'	17h30 Intégral 30'		
18h15 Intégral 30'	18h15 Abdos fessiers 30'	18h00 Intégral 30'	18h00 Biking Jumping 30'	18h00 Combat 45'		
18h45 Jump 45'	18h45 Zumba 45'	18h30 Combat 45'	18h30 Pump 60'	18h45 Abdos fessiers 45'		
19h30 Abdos fessiers 30'	19h30 Abdos flash 15'	19h15 Step 45'	19h30 Jump 45'	19h30 Zumba 30'	CARPE DIEM	
20h00 Biking Jumping 30'	19h45 Aéro 45'	20h00 Training 30'	20h15 Abdos flash 15'	20h00 Attitude 30'	 Club de forme	