

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	09h30-10h20 Abdos Fessiers	09h30-10h20 Gym Ball	-	09h30-10h20 Body Sculpt	09h30-10h20 Stretching	10h00-10h50 Body Sculpt	-
	-	-	-	-	-	10h30-11h20 Cross / Combat T.	-
MIDI	12h30-13h00 Cross Training 30'	12h30-13h00 Combat Training 30'	-	12h30-13h00 Cross Training 30'	12h30-13h00 Bike 30'	11h00-11h50 Bike	
SOIR	17h30-18h20 Cross Training	17h30-18h20 Combat Training	17h30-18h20 Bike	17h30-18h20 Body Sculpt	17h30-18h20 Cross Training	HORAIRES D'ACCUEIL Lundi, mardi, jeudi et vendredi 09h00 à 13h30 & 16h30 à 20h00 - Mercredi 16h30 à 20h00 - Samedi 09h30 à 12h30 Tous les mardis soirs à 18h00 Run Club Outdoor 	
	18h00-18h50 Body Sculpt	18h00-18h50 Abdos Fessiers	18h00-18h50 Step Deb./Inter.	18h00-18h50 Cross Training	-		
	18h30-19h20 Combat Training	18h30-19h20 Bike	18h30-19h20 Cross Training	18h30-19h20 Boxe Tonic	18h30-19h20 Combat Training		
	19h00-19h50 Cardio Fit	19h00-19h50 Fit Dance	19h00-19h50 Body Sculpt	19h00-19h50 Bike	-		
	19h30-20h00 Bike 30'	19h30-20h00 Cross Training 30'	19h30-20h00 Combat Training 30'	19h30-20h00 Stretching 30'	-		

*Cross Training / Combat Training / Bike : Cours sur réservation