

PLANNING FITNESS 2016

		Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
MATIN	9h00-9h30							
	9h30-10h00	SLOW GYM	PILATES	SLOW GYM	BODY SCULPT	CUISSES FESSIERS		
	10h00-10h30	SLOW GYM		ABDOS TAILLE	STRETCHING	BODY SCULPT	PILATES	
	10h30-11h00		STRETCHING					
	11h00-11h30						BODY LIFT	
	11h30-12h00							
	12h00-12h30							
MIDI	12h30-13h30	BODY LIFT	BODY SCULPT	BODY SCULPT	CIRCUIT TRAINING	BODY SCULPT		
SOIR	18h30-19h00	ABDOS FESSIERS	CAF			ABDOS TAILLE		
	19h00-19h30	BODY LIFT						
	19h30-20h00		STRETCHING	PILATES	CARDIO			
	20h00-20h30	ZUMBA (cours payant)		STRETCHING				
	20h30-21h00							