

PLANNING COURS COLLECTIFS

LUNDI

10H30	Total Body 45'
11H15	Stretching 30'
12H15	Krosstraining 45'
12H30	Powerbike 30'
13H	Total Abdos 15'
17H45	Pilates 45'
18H	Powerbike 30'
18H30	Step 45'
19H15	TRX Fit 45'

MARDI

10H30	TRX Fit 45'
12H15	Mobilitéé 15'
12H30	TRX Fit 45'
17H45	Total Body 45'
18H30	Krosstraining 30'
18H30	Power Squad 60'
19H	Bodycombat 45'

MERCREDI

9H30	Booty & Abdos 45'
10h15	Stretching 30'
12H30	KA Booster 45'
17H45	TRX Fit 30'
18H15	Booty & Abdos 45'
18H30	Girls & Machine 60'
19H	Aero-LIA 45'

JEUDI

7h45	Fit Morning 45'
10H30	Pilates 45'
12H	Krosstraining 30'
12H30	Total Body 45'
17H45	Bodycombat 45'
18H15	Krosstraining 45'
18H30	Pilates 45'
19H15	Powerbike 30'

VENDREDI

9H30	Total Body 45'
10H30	Mobilitéé 45'
12H	Krosstraining 30'
12H30	Circuit training 45'
17H45	KA Booster 30'
18H15	Total Body 45'
19H	Step 45'

SAMEDI

10H	Pilates 45'
10H45	Circuit mobilité 30'
11H30	TRX Fit 45'

DIMANCHE

10H	Booty & Abdos 45'
10H45	Powerbike 30'
11H30	Krosstraining 45'
17H30	Hybrid Training 75'