

PLANNING COURS COLLECTIFS

HEURE	SALLE
9h30	<i>Fitness</i>
10h00	<i>Fitness</i>
11h00	<i>Fitness</i>
11h45	<i>Fitness</i>
12h30	<i>Fitness</i>
17h00	<i>Fitness</i>
18h00	<i>Fitness</i>
18h15	<i>Fitness</i>
18h45	<i>Fitness</i>
19h00	<i>Fitness</i>
19h30	<i>Fitness</i>
19h45	<i>Fitness</i>

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
OPTIMUM TAF	BODY BOUND	CARDIO BOXE		UBOUND	
					R RUN / R SCULT
					X55
					R FESSIER
	STRECH				
R Cross	PILOXING	R SCULT	X55	UBOUND	
UBOUND	R DANCE	UBOUND	CARDIO BOXE	ZUMBA	
	ZUMBA	STRECH	TOP RIDE	OPTIMUM MEGABDOS	
TOP RIDE					