

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>
17h30	<i>Fitness</i>
18h00	<i>Fitness</i>
18h15	<i>Fitness</i>
18h45	<i>Fitness</i>
	<i>Top Ride</i>
19h00	<i>Fitness</i>
19h30	<i>Fitness</i>
	<i>Top Ride</i>
19h45	<i>Fitness</i>
	<i>Top Ride</i>

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
OPTIMUM CAF	ZUMBA		BODY PUMP	OPTIMUM AERO SCULPT	
					OPTIMUM CAF
					PILOXING
					ZUMBA
BODY PUMP	ZUMBA	PILOXING	OPTIMUM ABDO FIT		
			CIRCUIT TRAINING		
UBOUND		OPTIMUM MEGABDOS		R PUMP	
	X55	ZUMBA	X55	ZUMBA	
OPTIMUM TAF					
	R Cross	UBOUND	R Cross		
				TOP RIDE	
R ATTACK					
		R Cross			
	TOP RIDE		TOP RIDE		
				OPTIMUM STEP	
TOP RIDE					