

PLANNING COURS COLLECTIFS

Heure	Salle	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9h30	<i>Fitness</i>	CAF	ZUMBA FITNESS		Bodysculpt	Aérosculpt	Abdos Fessiers
10h15	<i>Spinning</i>						SPINNING
11h30							ZUMBA FITNESS
12h30	<i>Fitness</i>	Body pump	ZUMBA FITNESS			Bodysculpt	
	<i>Spinning</i>				SPINNING Nico		
17h	<i>Fitness</i>						
17h30		TAF	Abdos Fessiers	Abdos Fessiers	Abdos Fessiers	Abdos Fessiers	
18h00	<i>Fitness</i>		TAF	ZUMBA FITNESS	STEP	BODY PUMP	
	<i>Spinning</i>			SPINNING			
18h15	<i>Fitness</i>	ZUMBA FITNESS					
18h45	<i>Fitness</i>		ZUMBA FITNESS		ZUMBA TONING		
19h	<i>Fitness</i>					ZUMBA FITNESS	
	<i>Spinning</i>	STEP pour tous		HILOW		SPINNING	
19h30	<i>Fitness</i>		ZUMBA FITNESS		ZUMBA FITNESS		
19h45	<i>Fitness</i>	Aérosculpt		BODY PUMP		STEP	
	<i>Spinning</i>	SPINNING					