

PLANNING COURS COLLECTIFS

	lundi	mardi	mercredi	jeudi	vendredi	samedi
9H15-10H				STRETCHING		
10H15-11H		PILATES				BIKE
11H-12H						
12H15-13H					ABDOSBALLON	
12H30-13H		HIIT				
13H-18H						
18H-18H25		CIRCUIT TRAINING		FAC		
18H30-19H15	CARDIORENFO	ABDOSBALLON	RENFOBARRE	STEP		
19H30-20H15			BIKE			

