



## PLANNING AIN SEBAA HOMMES

**Du 02/10/19 Au 31/12/19 :**

HRS \ JRS	LUNDI	MERCREDI	VENDREDI
07H30-08H15	PILOXING	INTERVAL TRAINING	AQUA TPF
08H30-09H15	AERO PAETZ	L I A	BOOST FITNESS
09H30-10H15	CIRCUIT MINCEUR	SPINNING	CIRCUIT MINCEUR
10H30-11H15	AQUA DYNAMIQUE	AQUA GYM	AQUA TPF
11H30-12H15	CT M BILAN SPORTIF	CT M BILAN SPORTIF	CT M BILAN SPORTIF
12H30-13H15	SPINNING	STEP CIRCUIT MINCEUR	CARDIO BOXING
13H30-16H30	COACHING CTM	15H-16H ECOLE DE NATATION	COACHING CTM
16H30-17H15	CARDIO - TRAINING - MUSCULATION		
17H30-181H15	STEP AQUA GYM	CIRCUIT MINCEUR AQUA GYM	TPF AQUA GYM
18H30-19H15	SPINNING	BODY PUMP	SPINNING CIRCUIT MINCEUR
19H30-20H15	RESTOR ENERGY AQUA GYM	CYCLING BODY AQUA GYM	S.ABDO AQUA GYM
20H15-21H00	FREE STYLE	FIT BOXING NAGE LIBRE	POUND FITNESS NAGE LIBRE