



## PLANNING CIL HOMMES

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

HRS \ JRS	MARDI	JEUDI	SAMEDI
07H15-08H00	RESTOR ENERGY	BODY WORKOUT	PILOXING
08H30-09H15	STRECHING	BODY CYCLING	STEP AVANCE
10H30-11H15	BILAN SPORTIF	BILAN SPORTIF	R P M
12H30-13H15	STEP DEBUTANT	R M G	BODY PUMP
CARDIO TRAINING + MUSCULATION			
16H30-17H15	BODY WORKOUT	STEP N1	13H30-14H15 SPINNING
17H30-18H15	FIT BOXING	BOOST FITNESS	14H30-15H15 BODY STRETCHING
18H30-19H15	R P M	BODY PUMP	15H30-17H30 C T M
19H30-20H15	BODY PUMP	FAT BURNING SPINNING	
20H15-21H00	FIT BARRES	POP PILATES	