



PLANNING FORAT HOMMES

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

HRS \ JRS	LUNDI	MERCREDI	VENDREDI
07H30-08H15	BALL TRAINING R M G	STEP SPECIAL ABDOS	FAT BURN R M G
08H30-09H15	EXTREME ABDOS	BODY FIT AVEC BATON	SPINNING
09H30-10H15	BODY BATON	BODY PUMP	FIT BARRE
10H30-11H15	COACHING C T M	COACHING C T M	C T M
11H30-12H15	C T M	BILAN SPORTIF	C T M
12H30-13H15	BODY BATON	STEP	PILOXING SPECIAL ABDOS
15H30-16H15	BODY SCULPTING	BODY BATON	R P M
17H30-18H15	FAT BURNING	CARDIO BOXING	BODY HALTERES
18H30-19H15	SPINNING STEP INTER	R M G	STEP
19H30-20H15	TPF	BODY RELAXE	SPINNING BODY SCULPTING
20H30-21H00	STRETCHING	BODY HALTERES	PILATES

