



PLANNING GAUTHIER HOMMES

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

HRS \ JRS	MARDI	JEUDI	SAMEDI
06H30-07H15	CTM	CTM	CTM
07H30-08H15	BODY SCULPT	POP PILATES	BOOST FITNESS
08H30-09H15	BODY PUMP	BODY BALANCE	BODY COMBAT
10H30-11H15	L I A BILAN SPORTIF	FLASH CIRCUIT BILAN SPORTIF	SPINNING BILAN SPORTIF
12H30-13H15	FIT BARRE	SPECIAL ABDOS AERO COMBAT	STEP AVANCE
16H15-17H00	RESTOR ENERGY	RMG BY HALTERES	R P M
17H30-18H15	BEST BODY	STEP N1	BILAN SPORTIF
18H30-19H15	SPINNING	LOW IMPACT	FERMETURE A 18H00
19H30-20H15	POUND FITNESS	SPINNING FAT BURN	
20H15-21H00	PILOXING	BODY RELAXE	