



PLANNING POLO HOMMES

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

HRS \ IRS	LUNDI	MERCREDI	VENDREDI
07H00-07H45	BOOST FITNESS AQUA DYNAMIQUE	SELF DEFENSE BEST BODY AQUA TPF	SELF DEFENSE BALL TRAINING AQUA HALTERES
08H30-09H15	INTERVAL TRAINING	BODY CYCLING	BODY SCULP
09H30-10H15	PILOXING	FIT BOXING	PILOXING
10H30-11H15	COACHING CT M	CTM	CTM
11H30-12H15	CTM	BILAN SPORTIF	CTM
12H30-13H15	FAT BURNING	BODY COMBAT	BODY CYCLING
15H30-16H15	CTM	15H00-16H00 ECOLE DE NATATION	CTM
16H30-17H15	STEP EN PLATINUM	POUND FITNESS	FLASH CIRCUIT
17H30-18H15	HBX AQUA JOGGING	FIT PAETZ AQUA HALTERES	BODY PUMP AQUA FITNESS
18H30-19H15	AERO RESIST SPINNING	SPINNING BODY SCUPTING	STEP SPINNING
19H30-20H15	STEP INTER AQUA HALTERES	BODY PUMP AQUA FITNESS	PILOXING AQUA DYNAMIQUE
20H15-21H00	BODY STRECHING	BODY RELAXE	BODY STRECHING