



















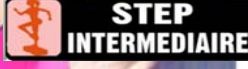













PLANNING 2018

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE/FERIES
9H15 – 10H  ABDOS FESSIERS TRICEPS	9H15 – 10H  BODYSCULPT	9H15 – 10H  GUISSÉS ABDOS FESSIERS	9H15 – 10H  BODYSCULPT	9H15 – 10H  LESMILLS BODYBALANCE		
10H – 10H45  STRECHING	10H – 10H45  STRECHING		10H – 10H45  STRECHING	10H – 11H00*  Pilates	9H30 – 10H30  TOTAL BODY	9H30 – 10H15  BODYSCULPT
12H15 – 13H  BODYSCULPT	12H15 – 13H  GUISSÉS ABDOS FESSIERS	12H15 – 13H  BODY TAILLE	12H15 – 13H  Pilates	12H15 – 13H  LESMILLS BODYPUMP		
14H30 – 15H15  BODYSCULPT	14H00 – 15H00*  Pilates	14H00 – 15H00*  Pilates			14H00 – 14H45  BODYSCULPT ou COURS SPECIAL	
17H30 – 18H  SPINNING		17H30 – 18H15  SPINNING	17H30 – 18H15  LESMILLS BODYPUMP	14H30 – 15H15  BODYSCULPT		
17H30 – 18H15  LESMILLS BODYCOMBAT	17H30 – 18H15  LIA LOW IMPACT AEROBICS	17H30 – 18H00  LESMILLS BODYATTACK	17H30 – 18H15  SPINNING	17H30 – 18H15  STEP INTERMEDIAIRE		
18H15 – 19H00  FITNESS CLUB ABDO-FESSIERS	18H15 – 19H15  LESMILLS BODYPUMP	18H00 – 18H30  FITNESS CLUB ABDO-FESSIERS	18H15 – 19H00  STEP DEBUTANT	18H15 – 19H00  LESMILLS BODYATTACK		
19H00 – 19H30  INTENS Training	19H15 – 20H15  FITNESS ZUMBA	18H30 – 19H15  LESMILLS BODYJAM	19H – 20H  FITNESS ZUMBA	19H – 20H  LESMILLS BODYJAM		
19H30 – 20H30  Pilates		19H15 – 20H15  LESMILLS BODYBALANCE				

