



PLANNING COURS COLLECTIFS

AVRIL 2019

	12:30	17:30	18:00	18:30	19:30
LUNDI	FIT TRAINING 30 mins	CARDIO FUN 30 mins	YOGA FORCE 30 mins	BODY PUMP 1 heure	TEAM GAMES 30 mins
MARDI	YOGA FORCE 30 mins	TEAM GAMES 30 mins	ABDOS 30 mins	BODY ATTACK 1 heure	STRETCH 30 mins
MERCREDI	FIT TRAINING 30 mins			POWER LIFT 45 mins	CARDIO BLAST 30 mins
JEUDI	TEAM GAMES 30 mins	CARDIO FUN 30 mins	BODY PUMP 45 mins	BODY ATTACK 45 mins	STRETCH 30 mins
VENDREDI	ABDOS 30 mins			FIT TRAINING 30 mins	
SAMEDI	FIT / BOX 30 mins				

TONIFIER

CARDIO

DÉTENTE

**MUSCULATION/CA
RDIO**

MUSCULATION