

PLANNING DES COURS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9 ^h 30 (45') BODYPUMP	9 ^h 30 (45') UPTRAINING		9 ^h 30 (45') RPM	9 ^h 30 (60') BODYBALANCE	10 ^h 30 (30') CORETRAINING	
	10 ^h 15 (30') CORETRAINING				11 ^h 00 (60') BODYATTACK	
12 ^h 30 (45') RPM	12 ^h 30 (45') BODYPUMP		12 ^h 30 (30') CORETRAINING	12 ^h 30 (45') ULTIMATE TRAINING		
18 ^h 15 (45') BODYATTACK	18 ^h 15 (45') UPTRAINING	18 ^h 00 (30') PILATES	18 ^h 15 (45') RPM	18 ^h 30 (45') BODYJAM		
19 ^h 15 (45') BODYJAM	19 ^h 15 (45') BODYPUMP	18 ^h 30 (45') BODYBALANCE	19 ^h 15 (45') UPTRAINING	19 ^h 30 (45') RPM		
20 ^h 00 (45') BODYBALANCE	20 ^h 15 (45') RPM	18 ^h 30 (45') ULTIMATE TRAINING	20 ^h 00 (45') BODYPUMP			
		19 ^h 30 (45') BODYATTACK				