

PLANNING DES COURS

9^h30 (45') BODYPUMP	9^h30 (45') tone 10^h15 (30') CORETRAINING		9^h30 (45') RPM	9^h30 (60') BODYBALANCE	10^h30 (30') CORETRAINING 11^h00 (60') BODYATTACK	
12^h30 (45') RPM	12^h30 (45') BODYPUMP		12^h30 (30') CORETRAINING	12^h30 (45') ULTIMATE TRAINING		
LUNDI	MARDI	MERCREDI	JEUDI	 VENDREDI	SAMEDI	DIMANCHE
18^h15 (45') BODYATTACK	18^h15 (45') tone	18^h00 (30') PILATES	18^h15 (45') RPM	18^h30 (45') BODYJAM		
19^h15 (45') BODYJAM	19^h15 (45') BODYPUMP	18^h30 (45') BODYBALANCE	19^h15 (45') BODYCOMBAT	19^h30 (45') RPM		
20^h00 (45') BODYBALANCE	20^h15 (45') RPM	18^h30 (45') ULTIMATE TRAINING	20^h00 (45') BODYPUMP			
		19^h15 (45') BODYATTACK				