

PLANNING COURS COLLECTIFS

Heure	Salle	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30	<i>Fitness</i>	CAF	ZUMBA FITNESS		BODY SCUPT	AERO SCUPLT	ABDOS FESSIERS
10h15	<i>Spinning</i>						SPINNING
11h30	<i>Fitness</i>						ZUMBA FITNESS
12h30	<i>Fitness</i>	BODY PUMP	ZUMBA FITNESS			BODY SCUPT	
	<i>Spinning</i>			SPINNING			
17h30	<i>Fitness</i>	TAF		ABDOS FESSIERS		ABDOS FESSIERS	
	<i>Spinning</i>						
18h00	<i>Fitness</i>		TAF	ZUMBA FITNESS	STEP Débutant	BODY PUMP	
	<i>Spinning</i>			SPINNING			
18h15	<i>Fitness</i>	LIA DEBUTANT					
18h45	<i>Fitness</i>		BODY ATTACK		ZUMBA TONING		
19h	<i>Fitness</i>	STEP pour tous		HILOW		ZUMBA FITNESS	
	<i>Spinning</i>					SPINNING	
19h30	<i>Fitness</i>		ZUMBA FITNESS		ZUMBA FITNESS		
19h45	<i>Fitness</i>	AERO SCUPLT		BODY PUMP		STEP	
	<i>Spinning</i>	SPINNING					

PLANNING COURS COLLECTIFS

Heure	Salle	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30	<i>Fitness</i>	CAF Sylvie	ZUMBA 45' Sylvie		Bodysculpt Sylvie	Aérosculpt Sylvie	Abdos Fessiers
10h15	<i>Spinning</i>						SPINNING Nico
11h30							ZUMBA 45' Nico
12h30	<i>Fitness</i>	Body pump Sylvie	ZUMBA 45' Sylvie			Bodysculpt Nico	
	<i>Spinning</i>				SPINNING Nico		
17h	<i>Fitness</i>						
17h30		TAF Nico 45'		Abdos Fessiers 30' Nico	Abdos Fessiers 30' Stéphanie	Abdos Fessiers 30' Nico Nico	
18h00	<i>Fitness</i>		TAF 45'	Zumba Sylvie	STEP 45' Stéphanie	BODY PUMP Nico	
	<i>Spinning</i>			SPINNING Nico			
18h15	<i>Fitness</i>	LIA DEBUTANT 45' Nico					
18h45	<i>Fitness</i>		BODY ATTACK		ZUMBA TONING 45' Stéphanie		
19h	<i>Fitness</i>					Zumba Sylvie	
	<i>Spinning</i>	STEP pour tous Nico 45'		HILOW Nico		SPINNING Nico	
19h30	<i>Fitness</i>		ZUMBA 45'		ZUMBA FITNESS 45' Stéphanie		
19h45	<i>Fitness</i>	Aérosculpt 45' Sylvie		BODY PUMP Nico		STEP Nico	
	<i>Spinning</i>	SPINNING Nico					
20h15							