

Planning cours collectifs (saison 2026-2027)

LUNDI	MARDI	MERCREDI	VENDREDI
<u>10h15 – 11h00</u> Body Barre			<u>10h30 – 11h15</u> Cuisses Abdos Fessiers
<u>11h00 – 11h30</u> Abdos Training			<u>11h15 – 11h45</u> Stretching
<u>12h15 – 13h00</u> Body Weight			<u>12h15 – 13h00</u> Body Sculpt
<u>18h15 – 19h00</u> Cuisses Abdos Fessiers	<u>18h15 – 19h00</u> Pump	<u>18h15 – 19h00</u> Cuisses Abdos Fessiers	<u>18h15 – 19h00</u> Circuit Training
<u>19h00 – 19h30</u> Abdos Training	<u>19h00 – 19h30</u> Step'n'Sculpt	<u>19h00 – 19h30</u> Upper Body Sculpt	<u>19h00 – 19h45</u> Pilates
<u>19h30 – 20h15</u> Step Chorégraphié	<u>19h30 – 20h15</u> Stretching	<u>19h30 – 20h15</u> Aero Dance	<u>19h45 – 20h15</u> Stretching