



Planning des cours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00	PILATES 09:00 - 10:00	BOOTY CAMP 09:00 - 10:00	TBC 09:00 - 10:00	CROSSFIGHT 09:00 - 10:00	YOGA 09:00 - 10:00	PILATES 09:00 - 10:00	
09:00	RESHAPE 09:00 - 10:00						
10:00			PILATES 10:00 - 11:00	PILATES 10:00 - 11:00			
10:30						CIRCUIT TRAININ 10:30 - 11:30	
12:00				BOXE BIKE 12:00 - 13:00			
12:15	PILATES 12:15 - 13:00	CROSSFIGHT 12:15 - 13:15					
18:30			CIRCUIT TRAININ 18:30 - 19:30				