

# PLANNING DES COURS

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Yoga 11H /12H	Swiss Ball 9H45/ 10H30	Adapt Fit 9H45/ 10H30	Feldenkrais 9H45/ 11H15	Interfit 9H45/10H30	Gym douce 9H45/ 10H30	Pilates 10H45/ 11H30
Interfit 12H15 /13H	Gym Douce 10H45/ 11H30	Pilates 10H45/ 11H30	Swiss Ball 11H15/ 12H00	Stretching 10H45/ 11H30	Interfit 10H45/ 11H30	Zumba 11H45/ 12H30
Pilates 13H15/14H	CAF 12H15/13H	Nording walking 11H45/12H30	Cross training WOD 12H15/ 13H15	Zumba 12H15/13H	Body Sculpt 11H45/12H30	Stretching 12H30/13H
Interfit 18H15/19H	Body Sculpt 18H15/19H	Circuit Training 18H15/19H	Body Sculpt 12H15/13H	Body Sculpt 13H15/14H	Stretching 12H30/13H	
CAF 19H/19H45	Stretching 19H/19H45	CAF 19H/19H45	Stretching 13H15/14H	Interfit 18H15/19H	Cross training WOD 15H15/16H45	
Running 19H/20H	Zumba 20H/ 20H45	Cross training WOD 20H/21H	Body Sculpt 18H15/19H	CAF 19H/19H45	Stretching 16H45/17H30	
Cross training WOD (1et 2) 20H/21H	Ragga 20H45/ 21H45	STEP 20H/20H45	Pilates 19H/19H45	Step (1) 20H/ 20H45		
	Cross training WOD 21H/22H	Stretching 21H/21H45	Cross training WOD (1) 19H/20H	Cross Training Wod 20H/21H		
			Kudoro Fit 20H/20H45	Salsa 21H/22H		
			Street Work Out 20H/21H			
			Yoga 21H/22H			1 : Initiation 2 : Confirmé