PLANNING SAISON 2021-2022

A compter du Lundi 06 Septembre 2021

		lundi			*Mardi*			*Mercredi*			*jeudi*			*vendredi*			*Samedi*		
		salle A	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*
9h15	***10h***	BODY GYM			BODY SCULPT			ABDOS DOS			CAF	HILOW		BODY SCULPT				BIKE	
10h15	***11h***	AEROGYM	GYM DOUCE		HILOW	CAF		GYM DOUCE			AEROGYM	STRETCH		GYM DOUCE	STRETCH		CAF		
11h15	***12h***	STRETCH	CAF			activité VELO		STRETCH		CTM Circuit Attack	PILATES FOND			PILATES MATERIEL			STEP CARDIO		
12h30	***13h15***	FULL BODY CONTINU **12h30 - 13h30**	STEP LUDIQUE Débutant		CORE TRAINING	PILATES 2		CROSS TRAINING	A.YOGA		POWER			TRX	ZUMBA				
15h30	***16h15***	PILATES 2				activité VELO		STRETCH			BODY SCULPT								CTM full attack
16h30	***17h15***	TRX			TCF			STEP LUDIQUE Débutant											CTM cardio attack
17h30	***18h15***	PILATES MAT		CTM Buste Attack	STRONG NATION	BIKE TOP RIDE		PILAT MAT		CTM Leg Day	BODY SCULPT	BIKE	CTM Buste Attack	HILOW **17H45**	YOGA VYNASIA **18h30 19h30**				
18h30	***19h15***	CARDIO BOXE	TCF		TRX	KODURO FIT	CTM Circuit Attack	POWER			STEP	ZUMBA		CROSS TRAINING **18h45**					
19h30	***20h15***	CAF	BIKE TOP RIDE		CROSS TRAINING	STEP		TRX	AEROMIX		HITT	PILATES 2		STRETCH **19h45**	-				
20h30	***21h15***	A.YOGA																	