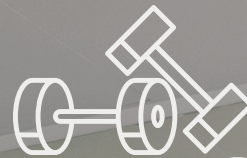


PLANNING DES COURS COLLECTIFS



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

10H15-11H

Mobilité
Étirements
Relaxation

Pilates

Pilates

Outdoor
Training

12H30-13H

Abdos
Express

Cardio
Express

Flash
CAF

Mobilité
Étirements
Relaxation
Flash

Pilates
Express

14H15-13H

Pilates
Adapté

Gym
Équilibre

17H15-18H

CAF

Pilates

Mobilité
Étirements
Relaxation

CAF

18H15-19H

Pilates

Cardio
Training

Cardio
Training