

	lun	mar	mer	jeu	ven	sam	dim
7h00	hard training	cross training		hard training	bootcamp		
8h00		abdos choco		abdos choco hard training			
9h00						prépa-run	
10h00						instability	
11h00						bootcamp	
12h00	all 4 the butt	all 4 the butt	cross training	bootcamp	boxe française		
13h00	abdos choco	boxe anglaise	abdos choco	boxe anglaise	cross training	all 4 the butt	
14h00							
15h00							
16h00						cross training	
17h00							
18h00		hard training		kick-boxing			
19h00	cross training bootcamp	kick-boxing	bootcamp	cross training	bootcamp		
20h00	muay thai	bootcamp		street workout			
21h00							
22h00							
23h00							

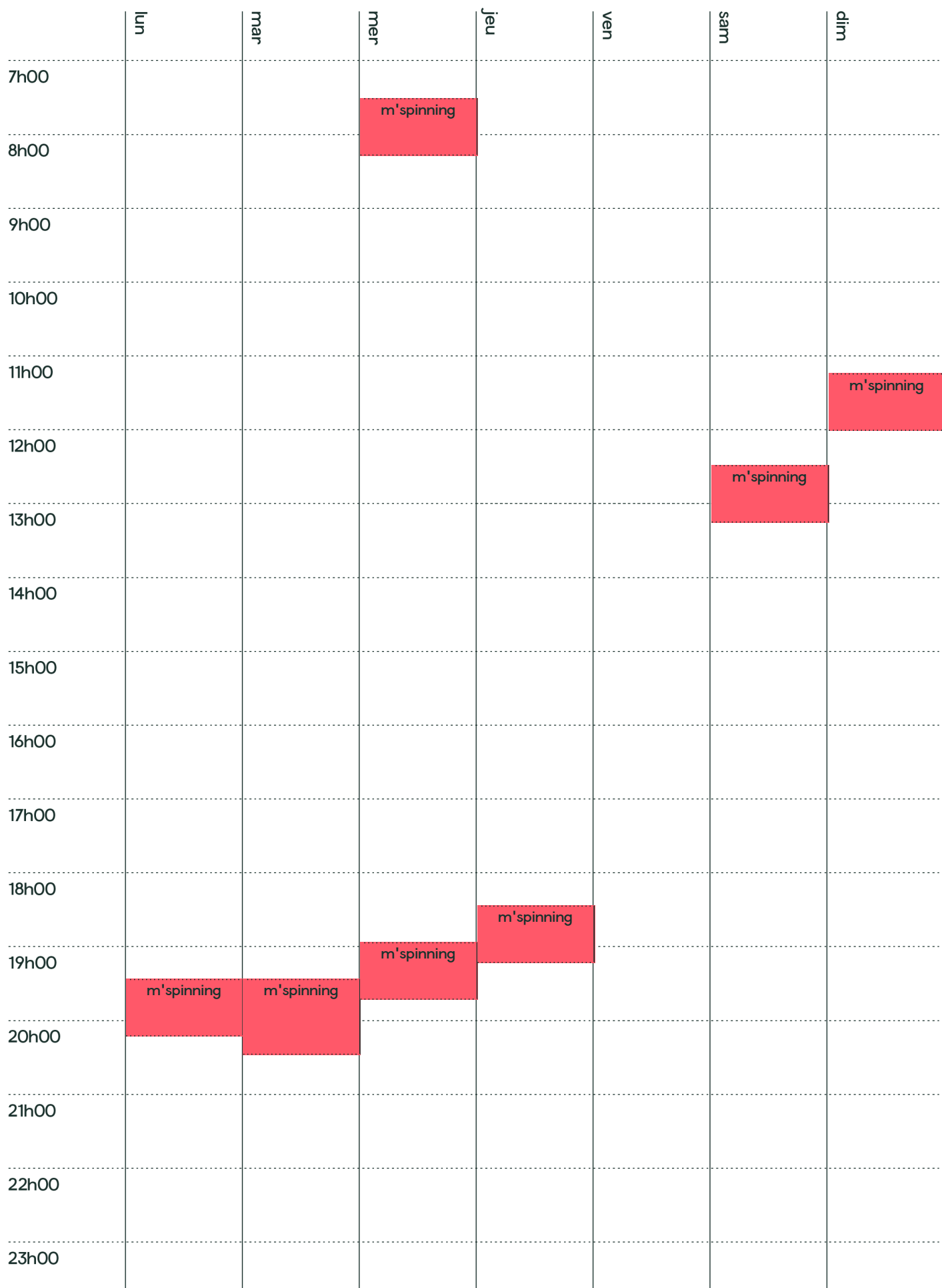


Salle 2 Yoga Danse

planning des cours

	lun	mar	mer	jeu	ven	sam	dim
7h00							
8h00	pilates	yoga vinyasa			yoga hatha		
9h00				yoga hatha		yoga hatha	
10h00	m'gym				m'gym		
11h00	m'stretch			pilates	m'stretch	m'gym	
12h00						m'stretch	
13h00	yoga vinyasa	m'gym	yoga hatha	boxe française	pilates booty		back therapy
14h00					hip hop yoga		
15h00							
16h00							
17h00						danse africaine	m'gym
18h00	acroyoga	yoga vinyasa		yoga vinyasa	boxe anglaise	yoga vinyasa	danse hip hop
19h00	yoga vinyasa	pilates booty	pilates				pilates
20h00	danse africaine	fitness Barre	hip hop yoga	m'gym	m'pole		
21h00		m'pole	hand stand	all 4 the butt			
22h00							
23h00							





	lun	mar	mer	jeu	ven	sam	dim
7h00							
8h00							
9h00							
10h00							
11h00							
12h00							
13h00							
14h00							
15h00							
16h00							
17h00							
18h00							
19h00							
20h00			Run Outdoor MRC				
21h00							
22h00							
23h00							

