

# VIDÉO FITNESS

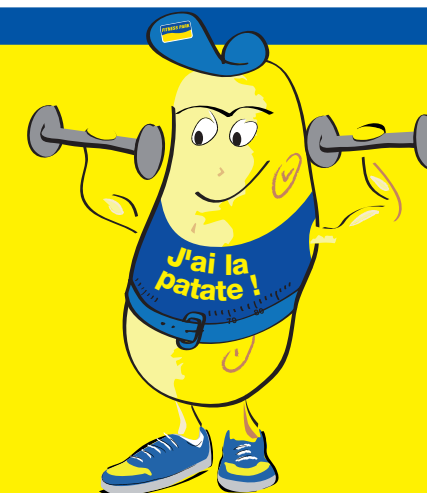
horaire des cours  
modifiable à la demande

[www.fitnesspark.fr](http://www.fitnesspark.fr)

**FITNESS PARK**

**PLANNING**

RESEAU N°1 FRANÇAIS DU FITNESS



		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
MATIN	6h30	ABDOS PUR	POWER BARRE	BODY SCULT	ABDOS FESSIERS	POWER BARRE	BODY SCULT	POWER BARRE	6h30
	7h00	ABDOS FESSIERS			STEP 1				7h00
	7h30	POWER BARRE	ABDOS FESSIERS	STEP 2	POWER BARRE	STEP 2	POWER BARRE	ABDOS FESSIERS	7h30
	8h00		BODY SCULT					STRETCHING	8h00
	8h30	ABDOS FESSIERS	BODY SCULT	POWER BARRE	ABDOS FESSIERS	POWER BARRE	ABDOS FESSIERS	BODY SCULT	8h30
	9h00	BODY SCULT			STEP 2		BODY SCULT	POWER BARRE	ABDOS FESSIERS
	9h30	POWER BARRE	BODY SCULT	POWER BARRE	ABDOS FESSIERS	STEP 2	POWER BARRE	DANCE	9h30
	10h00								ABDOS FESSIERS
	10h30	ABDOS FESSIERS	STRETCHING	ABDOS FESSIERS	STEP 2	POWER BARRE	10h30		
	11h00	BODY SCULT	POWER BARRE	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	11h00
	11h30	STEP 1					STEP 1		11h30
MIDI	12h15	STEP 1	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	STEP 1	12h15
	12h45	POWER BARRE				ABDOS FESSIERS		12h45	
	13h15	ABDOS FESSIERS	STEP 1	BODY SCULT	POWER BARRE	DANCE	POWER BARRE	13h15	
	13h45	STEP 1	STRETCHING					ABDOS FESSIERS	13h45
A.P.M	15h00	BODY SCULT	POWER BARRE	ABDOS FESSIERS	STRETCHING	POWER BARRE	BODY SCULT	ABDOS FESSIERS	15h00
	15h30	POWER BARRE		ABDOS FESSIERS	ABDOS FESSIERS		BODY SCULT	15h30	
	16h00	POWER BARRE	STRETCHING	ABDOS FESSIERS	BODY SCULT	STEP 2	DANCE	ABDOS FESSIERS	16h00
	16h30	STEP 1	16h30						
SOIRÉE	17h30	ABDOS FESSIERS	DANCE	BODY SCULT	ABDOS FESSIERS	STRETCHING	ABDOS FESSIERS	AEROBIC	17h30
	18h00	STEP 2			DANCE	POWER BARRE	STRETCHING	18h00	
	18h30	ABDOS FESSIERS	STEP 2	POWER BARRE	BODY SCULT	DANCE	ABDOS FESSIERS	18h30	
	19h00	POWER BARRE	STEP 2				POWER BARRE	19h00	
	19h30	STEP 1	ABDOS FESSIERS	POWER BARRE	AEROBIC	POWER BARRE	ABDOS FESSIERS	19h30	
	20h00	ABDOS FESSIERS	AEROBIC				DANCE	20h00	
	20h30	STRETCHING	POWER BARRE	AEROBIC	STEP 1	POWER BARRE	DANCE	20h30	
	21h00	ABDOS FESSIERS						21h00	
	21h30	POWER BARRE	ABDOS FESSIERS	DANCE	BODY SCULT	STRETCHING	AEROBIC	POWER BARRE	21h30
	22h00	STRETCHING	ABDOS FESSIERS			22h00			

Cours expert 1H  
 Cours express 1/2H

**LE FITNESS LOW-COST POUR TOUS**