

VIDÉO FITNESS

horaire des cours
modifiable à la demande

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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	POWER BARRE	ABDOS FESSIERS	POWER BARRE	ABDOS FESSIERS	POWER BARRE	BODY SCULT	8h30
	9h00	BODY SCULT						STEP 2	BODY SCULT
	9h30	POWER BARRE	BODY SCULT	ABDOS FESSIERS	STEP 2	POWER BARRE	POWER BARRE	ABDOS FESSIERS	9h30
	10h00							ABDOS FESSIERS	STRETCHING
	10h30	POWER BARRE	ABDOS FESSIERS	STEP 2	POWER BARRE	DANCE	10h30		
	11h00	BODY SCULT	POWER BARRE	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	11h00
	11h30								STEP 1
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	ABDOS FESSIERS	DANCE	POWER BARRE	13h15	
	13h45	STEP 1	STRETCHING					13h45	
A.P.M	15h00	BODY SCULT	POWER BARRE	ABDOS FESSIERS	STRETCHING	POWER BARRE	BODY SCULT	ABDOS FESSIERS	15h00
	15h30	POWER BARRE	STRETCHING	POWER BARRE	ABDOS FESSIERS		BODY SCULT	15h30	
	16h00			STEP 1	ABDOS FESSIERS	BODY SCULT	STEP 2	DANCE	ABDOS FESSIERS
	16h30	ABDOS FESSIERS	DANCE	BODY SCULT	ABDOS FESSIERS	STRETCHING	ABDOS FESSIERS	AEROBIC	16h30
SOIRÉE	17h30	STEP 2	ABDOS FESSIERS	STEP 2	DANCE	POWER BARRE	BODY SCULT	ABDOS FESSIERS	17h30
	18h00	POWER BARRE	STEP 2		POWER BARRE	STEP 2	BODY SCULT	POWER BARRE	18h00
	18h30			ABDOS FESSIERS					ABDOS FESSIERS
	19h00	STEP 1	ABDOS FESSIERS	POWER BARRE	POWER BARRE	AEROBIC	POWER BARRE	DANCE	19h00
	19h30								ABDOS FESSIERS
	20h00	STRETCHING	POWER BARRE	AEROBIC	STEP 1	POWER BARRE	DANCE	20h00	
	20h30	POWER BARRE	ABDOS FESSIERS	DANCE	STEP 1	POWER BARRE	DANCE	20h30	
	21h00	ABDOS FESSIERS	POWER BARRE	AEROBIC	ABDOS FESSIERS	STEP 1	POWER BARRE	DANCE	21h00
	21h30	STRETCHING	ABDOS FESSIERS	DANCE	BODY SCULT	STEP 1	POWER BARRE	DANCE	21h30
	21h30	POWER BARRE							ABDOS FESSIERS
22h00	POWER BARRE	STRETCHING	DANCE	BODY SCULT	ABDOS FESSIERS	AEROBIC	POWER BARRE	22h00	

 Cours expert 1H
 Cours express 1/2H

LE FITNESS LOW-COST POUR TOUS

Planning non contractuel, modifications à tout moment sans préavis.