



PLANNING FORME EXPRESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	Kevin	Kevin	Kevin	Kevin	Jonathan	Kevin
11h00						Gym Scult 11h-12h
12h00	Zumba	Body Barre	CROSS FIT Circuit training	Zumba	Cuisses abdos fessiers	Zumba 12h-13h
12h40	Gym scult	Step	Cuisses abdos fessiers	Gym scult	Gym scult	Gym douce Pilates/ Stretching 13h-14h
13h20 14h00	Cuisses abdos fessiers	Stretching	Gym Scult	Body Barre	Circuit minceur Circuit training	
	Jonathan	Kevin	Jonathan	France Anne	Kevin	
18h00	Cuisse adbos fessiers	Gym scult	Gym Scult	Mega Flex Gym douce	Step	
19h00	Cardio Sculpt	Cardio Fight	Step	Global Body Work Full body	Zumba	
20h00 21h00	Stretching	Zumba	Body Barre	Yoga /Stretching	Cardio Fight	

Horaire/Jours	Lundi	Mardi	Mercredi
	Kévin	Jonathan	Kévin
11h00			
12h00	Zumba	Cuisses/Abdos/Fessiers	Step
12h40	Gym Scult	Step	Cuisses/Abdos/Fessiers
13h20/14h00	Cuisse/Abdos/Fessiers	Stretching	Gym Scult
	Jonathan	Kévin	Jonathan
18h00	Cuisse/Abdos/Fessiers	Gym Scult	Gym Scult
19h00	Cardio Scult	Cardio Fight	Step
20h00/21h00	Stretching	Zumba	Stretching

Jeudi	Vendredi	Samedi
Kévin	Jonathan	Kévin
		Gym Scult
Zumba	Cuisses/Abdos/Fessiers	Zumba
Gym Scult	Gym Scult	Pilates/Stretching
Stretching	Circuit minceur	
France Anne	Kévin	
Mega Flex	Step	
Global/Body/Work	Zumba	
Yoga	Cardio Fight	