	SALLES	9 H	10 H	11 H	12 H	13 H	14 H	15 H	16 H	17 H	18 H	19 H	20 H	21 H
LUNDI 9H - 21H	FITNESS		COURS PILATES		CUISSES ABDO FESSIERS		PLANNING A PARTIR DU 09/09/2013			DOS ABDO FESSIERS	CX WORX	BODY PUMP	STEP BASIC	
	DOJO										ELDOA	POSTURAL		
	AQUA	AQUA BODY	AQUA FITNESS	AQUA BIKE +	AQUA BIKE +	AQUA BIKE+	AQUA FUSION+			AQUA FITNESS	AQUA BIKE +	AQUA BIKE+	AQUA BIKE +	
	RPM				R.P.M+abdos					R.P.M		MAXI R.P.M	R.P.M	
	SGT				Team+ training									
JOURS	SALLES	9 H	10 H	11 H	12 H	13 H	14 H	15 H	16 H	17 H	18 H	19 H	20 H	21 H
MARDI 9H - 21H30	FITNESS	GYM TRAD.	STRETCH		BODY PUMP			COURS PILATES	ELDO A	BUSTE/ ABDO/FES	BODY COMBAT	BODY BALANCE	ZUMBA	
	DOJO									ELDOA				
	AQUA		AQUA BODY	AQUA PUNCH	AQUA FITNESS		NOUVEAUTE AQUA !!!!				AQUA FITNESS	AQUA BODY	AQUA BIKE +	
	RPM				R.P.M		RAJOUT DE COURS GRATUITS!				R.P.M	MAXI R.P.M	R.P.M	
	SGT		Team+ training									Team+ "force"		
JOURS	SALLES	9 H	10 H	11 H	12 H	13 H	14 H	15 H	16 H	17 H	18 H	19 H	20 H	21 H
MERCREDI 11H - 21H	FITNESS	DELTACCORD moving			COURS PILATES					CORE TRAINNIN	BODY ATTACK	CX WORX	BODY PUMP	
	DOJO									YOGA STRETCH				
	AQUA			AQUA FUSION +	AQUA BIKE +	AQUA BIKE+	PISCINE RESERVEE DE 14H A 16H30			AQUA BIKE +	AQUA BIKE +	AQUA FITNESS		
	RPM				MAXI R.P.M						R.P.M		R.P.M	
	SGT	80 RUE D'ITALIE 13006 MARSEILLE TEL : 04 91 48 01 48			Team+ "burn"						Team+ "Xtrem"			
JOURS	SALLES	9 H	10 H	11 H	12 H	13 H	14 H	15 H	16 H	17 H	18 H	19 H	20 H	21 H
JEUDI 9H -21H30	FITNESS	BODY BALANCE		ZUMBA	CORE TRAINING			COURS TRAD.	STRETCH	CX WORX	"DANCE" FIT	COURS TRAD.	BODY PUMP	
	DOJO													
	AQUA		AQUA PUNCH	AQUA FITNESS	AQUA BODY		NOUVEAUTE TEAM TRAINING!!!			AQUA FITNESS	AQUA BODY	AQUA FITNESS	AQUA BIKE +	
	RPM										R.P.M	R.P.M		
	SGT											Team+ "burn"		
JOURS	SALLES	9 H	10 H	11 H	12 H	13 H	14 H	15 H	16 H	17 H	18 H	19 H	20 H	21 H
VENDREDI 9H - 21H	FITNESS	GYM TRAD.	ELDOA		ZUMBA					BODY PUMP		STEP INTER	COURS TRAD	
	DOJO									COURS PILATES	ELDOA	YOGA DU MONDE		
	AQUA	AQUA BIKE +	AQUA FITNESS	AQUA PUNCH	AQUA BIKE +	AQUA ZUMBA+		PISCINE RESERVEE		AQUA FUSION+	AQUA BIKE+	AQUA BIKE +		
	RPM				MAXI R.P.M							MAXI R.P.M		
	SGT		Team+ "force"											
JOURS	SALLES	9 H	10 H	11 H	12 H	13 H	14 H	15 H	16 H	17 H	18 H	19 H	20 H	21 H
SAMEDI 9H - 17H	FITNESS				BODY PUMP	STRETCH				FERMETURE	LES ANIMATIONS MARQUEES DU SYMBOLE " + " SONT PAYANTES .			
	DOJO										XAVIER	NICOLAS	STEPHANE	ELISE
	AQUA	AQUA FITNESS	AQUA FITNESS	AQUA BIKE +	AQUA BIKE +	PISCINE RESERVEE DE 13H A 15H30					BABETH	ANNE	FLORIAN	SAMANTHA
	SGT										FATOU	ALEXIS	LOUIS	AQUA +

DELTACCORD moving

SOUS RESERVE DE MODIFICATIONS