

# Planning des cours collectifs (à partir du 1er Février 2016)

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<b>9:00</b> - Ouverture de la salle						
09:30 CAF 60'	09:30 <b>CX WORX</b> 30'	09:30 Gym Trad. 60'	09:30 <b>LES MILLS BODYPUMP</b> 60'	09:30 CAF 60'		
10:30 <b>STEP</b> déb. 60'	10:00 <b>LES MILLS BODYPUMP</b> 60'	10:30 Abdos/Fessiers 30'	10:30 <b>TRX</b> 60'	10:30 Culture Phys 30'	10:00 CAF 60'	09:45 <b>JUMPING</b> 45'
11:30 Stretch 45'	11:00 <b>TRX</b> 45'	11:00 <b>LES MILLS RPM</b> 60'	11:30 <b>LIA</b> déb. 45'	11:00 <b>LES MILLS RPM</b> 60'	11:00 <b>LES MILLS RPM</b> 60'	10:45 <b>LES MILLS BODYPUMP</b> 60'
12:15 <b>LES MILLS RPM</b> 60'	12:15 CAF 60'	12:15 Spécial Buste 30'	12:15 Culture Physique 60'	12:15 Taille / Abdos Fessiers 60'	12:00 Stretch 30'	11:45 <b>LES MILLS RPM</b> 60'
	13:15 <b>BODYDANCE</b> 60'	12:45 CAF 60'		13:15 <b>BODYDANCE</b> 60'		
	14:15 Strech 30'					
18:00 <b>CX WORX</b> 30'	18:00 <b>LES MILLS BODYPUMP</b> 60'	18:00 <b>TRX</b> 45'	17:30 CAF 45'	17:30 Gym Trad. 60'	14:00 <b>HIP HOP</b> -9ans 60'	14:00 <b>LES MILLS BODYATTACK</b> 60'
18:30 <b>STEP</b> 60'	19:00 CAF 60'	18:45 <b>LES MILLS BODYPUMP</b> 60'	18:15 Strech 30'	18:30 <b>BODYPUMP</b> 60'	15:00 <b>HIP HOP</b> +9ans 60'	15:00 <b>CX WORX</b> 30'
19:30 <b>LES MILLS BODYATTACK</b> 60'	20:00 <b>TRX</b> 45'	19:45 <b>LES MILLS BODYCOMBAT</b> 60'	18:45 <b>LIA</b> 45'	18:30 <b>RPM</b> 60'		15:30 <b>STEP</b> 60'
20:30 Abdos/Fessiers 30'			19:30 <b>RPM</b> 60'	19:30 <b>STEP</b> 45'		
			Abdos/Fessiers 30'	20:15 <b>CX WORX</b> 30'		
			20:00 <b>ZUMBA</b> 60'			



**22:00** - Fermeture de la salle

**18:00** - Fermeture de la salle

**17:00** - Fermeture de la salle

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