

PLANNING DES COURS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
6H30	ABDO PUR	POWER BARRE	BODY SCULPT	ABDOS FESSIERS	POWER BARRE	BODY SCULPT	BODY SCULPT	6H30
7H00	ABDO FESSIERS			STRETCHING				7H00
7H30	POWER BARRE	ABDOS FESSIERS	AEROBIC	CYCLING	STRETCHING	POWER BARRE	ABDOS PUR	7H30
8H00		AEROBIC			STEP 1		STEP 2	STRETCHING
8H30	STRETCHING		CYCLING	STEP 1		STEP 2		STRETCHING
9H00	CYCLING	STEP 1		BODY SCULPT	STEP 2		STEP 2	ABDOS FESSIERS
9H30		STRETCHING	STEP 1			ABDOS FESSIERS		
10H00	STEP 2	CYCLING	STRETCHING	ABDOS FESSIERS	AEROBIC	CYCLING	STEP 2	10H00
10H30			ABDOS FESSIERS	STRETCHING				10H30
11H00	BODY SCULPT	DANCE	POWER BARRE	AEROBIC	ABDOS PUR	ABDOS FESSIERS	POWER BARRE	11H00
11H30					STRETCHING	STEP 1		11H30
12H00	STEP 1	STRETCHING	ABDOS FESSIERS	ABDOS PUR	STEP 1	ABDOS PUR	STRETCHING	12H00
12H30	ABDO PUR	STEP 2	AEROBIC	POWER BARRE	ABDOS FESSIERS	STEP 2	STEP 1	12H30
13H00	CYCLING				ABDOS FESSIERS		ABDOS PUR	CYCLING
13H30		ABDOS FESSIERS	STEP 1	STRETCHING	DANCE	STEP 1	AEROBIC	
14H00	STRETCHING	ABDOS PUR	STEP 1	STRETCHING				STRETCHING
14H30	BODY SCULPT	CYCLING	ABDOS FESSIERS	STEP 1	POWER BARRE	BODY SCULPT	ABDOS PUR	15H00
15H30			ABDOS FESSIERS	ABDOS FESSIERS			STEP 1	STEP 2
16H00	CYCLING	ABDOS FESSIERS	CYCLING	BODY SCULPT	CYCLING	STEP 1		
16H30		STEP 1				STRETCHING	ABDOS PUR	ABDOS FESSIERS
17H00	STEP 1	STRETCHING	ABDOS FESSIERS	STEP 2	ABDOS PUR	AEROBIC	STRETCHING	17H00
17H30	ABDOS FESSIERS	POWER BARRE	STEP 2		STRETCHING		STEP 2	STEP 2
18H00	STEP 2			ABDOS FESSIERS	CYCLING	STEP 2		
18H30		ABDOS FESSIERS	CYCLING	ABDOS FESSIERS			STEP 1	CYCLING
19H00	CYCLING	STEP 2			BODY SCULPT	ABDOS PUR		
19H30			STEP 1	STEP 1			POWER BARRE	ABDOS FESSIERS
20H00	ABDOS FESSIERS	CYCLING			DANCE	STRETCHING		
20H30	STRETCHING		ABDOS FESSIERS	STEP 1			AEROBIC	BODY SCULPT
21H00	STRETCHING	ABDOS PUR			ABDOS FESSIERS	STEP 1		
21H30	POWER BARRE		ABDOS PUR	ABDOS FESSIERS			AEROBIC	BODY SCULPT
22H00		ABDOS PUR			ABDOS FESSIERS	ABDOS FESSIERS		