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| **HORAIRES COURS COLLECTIFS FITNESS 2015/2016** | | | |  | | | |
|  | **LUNDI** | **MARDI** | **MERCREDI** | **JEUDI** | **VENDREDI** | **SAMEDI** | **DIMANCHE** |
| **12H15-13H00** | **TAILLE/ABDOS/FESSIERS** | **Body Pump 45'** | **CAF** | **POWER SCULPT** | **ZUMBA** | **BODY BALANCE 45'** |  |
| **13H00-13H30** | **STRETCHING 30'** | **ABDOS/FESSIERS** | **STRETCHING 30'** | **STRETCHING 30'** | **BODY BALANCE 30'** |  |  |
|  |  |  |  |  |  |  |  |
| **18H30-19H00** | **ABDOS/FESSIERS** |  |  | **ABDOS/GAINAGE** | **BODY ATTACK 45'** |  |  |
| **19H00-19H30** | **BODY PUMP** | **ABDOS POWER 30'** | **ABDOS POWER 30'** | **SUPER PUMP 1H30** | **STRETCHING 15'** |  |  |
|  |
| **19H30-20H00** |  |  |
| **CIRCUIT TRAINING 45'** | **GRIT FORCE 30'** |
| **20H00-20H30** | **STRETCHING 15'** |
|  |  |
| **planning susceptible de modifications.** | | | | | | | |