

## PLANNING DES COURS COLLECTIFS

LUNDI	MARDI	MERCREDI	JEUDI	SAMEDI
<b>BIKING</b> 12.00-12.45	ABDOS 18.00-18.30	COACHING 18.00-19.15	<b>STEP</b> 18.00-18.30	ABDOS 11.00-11.30
<b>PILATES</b> 12.45-13.15	<b>CIRCUIT TRAINING</b> 18.30-19.00		<b>ATTACK</b> 18.30-19.00	<b>BIKING</b> 12.00-12.45
<b>ATTACK</b> 18.00-18.30	PUMP 19.00-19.30	<b>BIKING</b> 19.15-20.00	<b>PILATES</b> 12.45-13.00	<b>ATTACK</b> 12.00-12.30
<b>STEP</b> 18.30-19.00			COACHING 17.30-20.00	<b>CROSS TRAINING</b> 19.00-19.30
 <b>ZUMBA fitness</b> 19.00-20.00	<b>STRETCHING</b> 19.30-20.00	<b>ABDOS</b> 19.30-20.00		<b>CROSS TRAINING</b> 18.30-19.00
				<b>BIKING</b> 19.15-20.00

