



# PLANNING DES COURS COLLECTIFS

<b>Lun</b>	<b>Core First</b> 09:30 - 10:15	<b>FIT TO FLEX</b> 10:15 - 10:45	<b>Body Pump</b> 12:30 - 13:15	<b>Abdos Flash</b> 13:15 - 13:30	<b>Abdos/ fessiers</b> 18:00 - 18:30	<b>FitStep</b> 18:30 - 19:15	<b>Bike</b> 18:30 - 19:15	<b>Body Pump</b> 19:15 - 20:15
<b>Mar</b>	<b>Abdo/ Fessiers</b> 09:30 - 10:00	<b>FitStep</b> 10:00 - 10:45	<b>Bike</b> 12:30 - 13:15	<b>Body Minceur</b> 15:00 - 15:30	<b>FitStep</b> 18:00 - 18:30	<b>Body Pump</b> 18:30 - 19:30	<b>ZUMBA</b> 19:30 - 20:15	
<b>Mer</b>	<b>Body Pump</b> 09:30 - 10:30	<b>Stretching</b> 10:30 - 11:00	<b>InterFit Outdoor</b> 12:30 - 13:15	<b>Pilates</b> 18:00 - 18:30	<b>Core First</b> 18:30 - 19:15	<b>FitStep</b> 19:15 - 20:00		
<b>Jeu</b>	<b>CardioFit</b> 09:30 - 10:15	<b>Mind and Body</b> 10:15 - 11:00	<b>Core First</b> 12:30 - 13:15	<b>Body Minceur</b> 18:00 - 18:45	<b>Body Attack</b> 18:45 - 19:45	<b>Stretching</b> 19:45 - 20:00		
<b>Ven</b>	<b>InterFit</b> 10:00 - 10:45	<b>Abdos Flash</b> 10:45 - 11:00	<b>Abdo/ Fessiers</b> 12:30 - 13:00	<b>Stretching</b> 13:00 - 13:30	<b>Mind and Body</b> 18:00 - 18:45	<b>Bike</b> 18:45 - 19:30	<b>Body Pump</b> 19:30 - 20:30	
<b>Sam</b>	<b>CardioFit</b> 10:00 - 10:45	<b>Body Minceur</b> 10:45 - 11:30	<b>Cardio Fit</b> 15:00 - 15:30					
<b>Dim</b>	<b>Bike</b> 11:00 - 11:45							

Club: Loire-Atlantique  
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