



# PLANNING DES COURS COLLECTIFS

<b>Lun</b>	<b>Abdos/ Fessiers</b> 09:30 - 10:00	<b>Step Intermediaire</b> 10:00 - 10:45	<b>Stretching</b> 10:45 - 11:15	<b>Body Pump</b> 12:30 - 13:15	<b>Ceinture Abdos</b> 17:30 - 18:00	<b>Biking</b> 18:00 - 18:45	<b>Step Intermediaire</b> 18:00 - 18:45	<b>Body Pump</b> 19:00 - 20:00	<b>Step/ Lia debutant</b> 20:00 - 20:45	<b>Stretching</b> 20:45 - 21:00
<b>Mar</b>	<b>Step/ Lia debutant</b> 09:30 - 10:00	<b>Body Pump</b> 10:15 - 11:15	<b>Biking</b> 12:30 - 13:15	<b>Abdos/ Fessiers</b> 17:30 - 18:00	<b>LIA Intermediaire</b> 18:00 - 18:45	<b>Biking</b> 19:00 - 19:45	<b>Step avance</b> 19:00 - 20:00	<b>Mind and Body</b> 20:00 - 20:45		
<b>Mer</b>	<b>Shape Fit</b> 09:30 - 10:15	<b>Body Attack</b> 10:15 - 11:00	<b>Team Silhouette</b> 12:30 - 13:00	<b>Biking</b> 17:30 - 18:00	<b>Body Pump</b> 18:00 - 19:00	<b>Body Attack</b> 19:00 - 20:00	<b>Ragga</b> 20:00 - 21:00			
<b>Jeu</b>	<b>Fitdance</b> 09:30 - 10:30	<b>Mind and Body</b> 10:30 - 11:30	<b>Biking</b> 10:30 - 11:15	<b>Mind and Body</b> 12:30 - 13:15	<b>Ceinture abdominale</b> 17:30 - 18:00	<b>Step intermediaire</b> 18:00 - 18:45	<b>LIA avance</b> 19:00 - 19:45	<b>Biking</b> 19:00 - 19:45	<b>Body Pump</b> 20:00 - 20:45	
<b>Ven</b>	<b>Body Pump</b> 09:30 - 10:15	<b>LIA Intermediaire</b> 10:30 - 11:15	<b>Stretching</b> 11:15 - 11:45	<b>Body Pump</b> 12:30 - 13:15	<b>Body Attack</b> 18:00 - 19:00	<b>Biking</b> 19:00 - 19:45	<b>Mind &amp; Body</b> 19:00 - 19:45	<b>Yoga</b> 20:00 - 21:00		
<b>Sam</b>	<b>Step/ Lia Debutant</b> 09:30 - 10:00	<b>Shape Fit</b> 10:00 - 10:45	<b>Stretching</b> 10:45 - 11:00	<b>Biking</b> 11:15 - 12:00	<b>Step Intermediaire</b> 14:00 - 14:45	<b>Mind &amp; Body</b> 14:45 - 15:15				
<b>Dim</b>	<b>Body Pump</b> 09:45 - 10:45	<b>Biking</b> 11:15 - 12:15								

Club: Gironde  
N° de téléphone: 05 57 35 74 50

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