



# PLANNING DES COURS COLLECTIFS

<b>Lun</b>	<b>Abdos / Strech</b> 09:00 - 09:30	<b>Pilates</b> 09:30 - 10:15	<b>Body Minceur</b> 10:30 - 11:15	<b>Mind &amp; Body</b> 12:30 - 13:15	<b>Abdos / Fessiers</b> 13:15 - 13:45	<b>BodyMinceur</b> 17:45 - 18:30	<b>Zumba</b> 18:30 - 19:30	<b>BodyPump</b> 19:30 - 20:30
<b>Mar</b>	<b>Abdos / Fessiers</b> 08:30 - 09:00	<b>Interfit</b> 09:00 - 09:45	<b>CoreFirst</b> 09:45 - 10:30	<b>Stretching</b> 10:30 - 11:00	<b>Body Pump</b> 12:30 - 13:30	<b>Freestyle</b> 18:00 - 18:45	<b>Mind&amp;Body</b> 18:45 - 19:30	<b>Bike</b> 19:30 - 20:30
<b>Mer</b>	<b>BodyMinceur</b> 09:30 - 10:15	<b>Stretching</b> 10:15 - 11:00	<b>Pilates</b> 11:00 - 11:45	<b>Core First</b> 12:30 - 13:15	<b>Abdos/ Fessiers</b> 18:00 - 18:30	<b>CardioFit</b> 18:30 - 19:15	<b>ZUMBA</b> 19:15 - 20:00	<b>Stretching</b> 20:00 - 20:30
<b>Jeu</b>	<b>BodyMinceur</b> 09:15 - 10:00	<b>Swasthya Yoga</b> 10:00 - 11:00	<b>Abdos/ Fessiers</b> 11:00 - 11:30	<b>BodyMinceur</b> 12:30 - 13:15	<b>Body Minceur</b> 18:00 - 19:45	<b>Body Pump</b> 19:00 - 20:00	<b>Swasthya Yoga</b> 20:00 - 21:00	<b>Bike</b> 20:00 - 20:45
<b>Ven</b>	<b>CoreFirst</b> 09:00 - 09:45	<b>Stretching</b> 09:45 - 10:15	<b>Abdos/ Fessiers</b> 10:15 - 10:45	<b>Pilates</b> 10:45 - 11:30	<b>Corefirst</b> 12:30 - 13:15	<b>Mind &amp; Body</b> 18:00 - 18:45	<b>Bike</b> 18:45 - 19:30	<b>Freestyle</b> 19:30 - 20:15
<b>Sam</b>	<b>Abdos Fessiers</b> 10:00 - 10:30	<b>Body Pump</b> 10:30 - 11:30	<b>FitStep</b> 11:30 - 12:15	<b>Stretching</b> 12:15 - 13:00				
<b>Dim</b>	<b>Ceinture Abdos</b> 10:00 - 10:30	<b>Body Pump</b> 10:30 - 11:30	<b>CardioFit</b> 11:30 - 12:15	<b>Stretching</b> 12:15 - 13:00				

Club: Saint-Germain V  
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