



PLANNING DES COURS COLLECTIFS

Lun	BodyMinceur 10:00 - 10:45	Circuit sport 11:00 - 11:30	FitStep 12:30 - 13:15	Body Attack 17:30 - 18:15	Abdos Fessiers 18:30 - 19:00	Bike 19:00 - 19:45	FitStep 19:00 - 19:45	Mind & Body 20:00 - 20:30	
Mar	Cardio Fit 10:00 - 10:30	Abdos/Fessiers 10:30 - 11:00	Multicours 11:00 - 12:00	Bike 12:30 - 13:15	Yoga 12:30 - 13:30	Abdos Fessiers 17:30 - 18:00	Body Pump 18:00 - 19:00	Cardio Fit 19:00 - 19:45	Body Attack 20:00 - 20:30
Mer	Fit to Flex 10:00 - 10:45	Body minceur 11:00 - 11:45	Body Pump 12:30 - 13:15	Mind & Body 17:30 - 18:00	Bike 18:00 - 18:45	Corefirst 19:00 - 20:00	Cardio Fit 20:00 - 20:30		
Jeu	Bike 10:00 - 10:45	Abdos/Fessiers 11:00 - 11:30	Body Attack 12:30 - 13:15	Bike 17:30 - 18:00	Abdos / Fessiers 17:30 - 18:00	Body Pump 18:00 - 19:00	Fitstep 19:00 - 19:45		
Ven	Body Attack 10:00 - 10:45	Circuit silhouette 11:00 - 11:30	Mind & Body 12:30 - 13:15	Bodyminceur 17:30 - 18:15	Abdos Flash 18:30 - 18:45	Bike 19:00 - 19:45	Yoga 19:00 - 20:00	BodyPump 20:00 - 20:30	
Sam	Abdos Fessiers 10:00 - 10:30	Interfit 10:30 - 11:15	Body Pump 14:00 - 14:30	Bike 14:30 - 15:00	Abdos Flash 17:30 - 17:45				
Dim	Bike 10:00 - 10:45	Abdos Flash 11:00 - 11:15							

Club: Meriadeck
N° de téléphone: 05 57 99 04 30