



PLANNING DES COURS COLLECTIFS

Lun	Interfit 09:30 - 10:15	Pilates 10:15 - 11:15	Abdos Fessiers 11:15 - 11:45	Abdos Fessiers 12:30 - 13:00	Bodyminceur 18:15 - 19:00	Zumba 19:00 - 19:45	Abdos Fessiers 19:45 - 20:15	
Mar	Body Pump 09:30 - 10:30	Mind & Body 10:30 - 11:30	Abdos Fessiers 12:30 - 13:00	Abdos Fessiers 19:15 - 19:45	FitStep 19:45 - 20:30			
Mer	Stretching 09:30 - 10:30	Bike 10:30 - 11:15	Abdos Fessiers 12:30 - 13:00	Cardiofit 18:15 - 19:00	BodyPump 19:00 - 20:00			
Jeu	Bike 09:30 - 10:15	Body Minceur 10:30 - 11:00	Stretching 11:00 - 11:30	Abdos Fessiers 12:30 - 13:00	Team 15:00 - 15:30	Fitstep 18:15 - 18:45	Body Pump 19:00 - 20:00	Bike 20:00 - 20:30
Ven	Body Pump 09:30 - 10:30	Stretching 10:30 - 11:30	Abdos Fessiers 12:30 - 13:00	FitStep 18:15 - 19:00	Body minceur 19:00 - 19:30	BodyAttack 19:30 - 20:15		
Sam	Stretching 09:30 - 10:30	FitStep 10:30 - 11:30	Body Pump 11:30 - 12:30	FitStep 14:30 - 15:00	Mind & Body 15:00 - 15:45			
Dim	BodyAttack 10:00 - 11:00	Body Pump 11:00 - 12:00	InterFit 16:00 - 16:45	Fit to Flex 16:45 - 17:15				

Club: Yvelines
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Studio 1