

PLANNING COURS COLLECTIFS P.F.C AVRIL 2012

HORAIRE/ JOURS	SALLE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	HORAIRES WE	SAMEDI	DIMANCHE
10h30-11h30	1	FERME	<u>LIA / STEP</u>	<u>TBC</u>	<u>LIA</u>	<u>TBC</u>	10h30-11h30	<u>RPM /11h Tonic D</u>	<u>BODYPUMP</u>
	2		sem Pair / Impair	VIDEO	VIDEO	VIDEO	11h30-12h30	Salle Cardio	<u>RPM</u>
11h30-12h30	3		<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>			
	1	<u>LIBRE</u>	<u>LIA</u>	<u>BODY - SCULPT</u>	<u>FIT COMBAT</u>	<u>STEP / CAF</u>			
	2	<u>VIDEO</u>	<u>VIDEO</u>	<u>VIDEO</u>	<u>VIDEO</u>	sem Pair/impair			
12h30-13h30	3	<u>RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>			
	1	<u>GYMDOUCE</u>	<u>GYMDOUCE</u>	<u>GYMDOUCE</u>	<u>GYMDOUCE</u>	<u>Renf Muscul</u>			
	2	<u>VIDEO</u>	<u>VIDEO</u>	<u>VIDEO</u>	<u>VIDEO</u>	<u>VIDEO</u>			
15h30-16h30	3	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>			
	1	<u>FREE-STYLE</u>	<u>Circuit-Barre</u>	<u>LIA</u>	<u>BODYPUMP</u>	<u>Challenge PUMP</u>			
	2	<u>VIDEO</u>	<u>CAF</u>	<u>VIDEO</u>	<u>VIDEO</u>	<u>Ou TBC</u>			
17h30-18h30	3	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>			
	1	<u>Tonic-Danse</u>	<u>STEP AV</u>	<u>ZUMBA</u>	<u>FLASH ABDOS</u>	<u>à définir</u>			
	2	<u>TAE-BO</u>	<u>SALSA</u>	<u>VIDEO</u>	<u>VIDEO</u>	<u>VIDEO</u>			
18h30-19h30	3	<u>RPM</u>	<u>RPM</u>	<u>RPM</u>	<u>RPM</u>	<u>RPM</u>			
	1	<u>Hip Hop</u>	<u>AUREL-BAL</u>	<u>AUREL-JAM</u>	<u>ZUMBA</u>	<u>CAF</u>			
	2	<u>C.A.F</u>	<u>VIDEO</u>	<u>VIDEO</u>	<u>VIDEO</u>	<u>VIDEO</u>			
19h30-20h30	3	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>	<u>VIDEO RPM</u>			
	PUISSANCE FITNESS CLUB								
	FERME								