

# VIDÉO FITNESS

horaire des cours  
modifiable à la demande  
[www.fitnesspark.fr](http://www.fitnesspark.fr)



RESEAU N°1 FRANÇAIS DU FITNESS



		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE		
MATIN	6h30	ABDOS PUR	POWER BARRE	BODY SCULT	ABDOS FESSIERS	POWER BARRE	BODY SCULT	POWER BARRE	6h30	MATIN
	7h00	ABDOS FESSIERS			STEP 1				7h00	
	7h30	POWER BARRE	ABDOS FESSIERS	STEP 2	POWER BARRE	STEP 2	POWER BARRE	7h30		
	8h00		BODY SCULT					STRETCHING	8h00	
	8h30	ABDOS FESSIERS		POWER BARRE	ABDOS FESSIERS	POWER BARRE	ABDOS FESSIERS	8h30		
	9h00	BODY SCULT	STEP 2		POWER BARRE		BODY SCULT	POWER BARRE	POWER BARRE	
	9h30			ABDOS FESSIERS		ABDOS FESSIERS				
	10h00	POWER BARRE	BODY SCULT	POWER BARRE	ABDOS FESSIERS	STEP 2	POWER BARRE	DANCE	10h00	
	10h30								ABDOS FESSIERS	
	11h00	BODY SCULT	POWER BARRE	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	11h00	
	11h30								STEP 1	
MIDI	12h15	STEP 1	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	STEP 1	MIDI	
	12h45	POWER BARRE						ABDOS FESSIERS		12h45
	13h15	ABDOS FESSIERS	STEP 1	BODY SCULT	POWER BARRE	DANCE	POWER BARRE	13h15		
	13h45		STRETCHING					ABDOS FESSIERS		13h45
A.P.M	15h00	BODY SCULT	POWER BARRE	ABDOS FESSIERS	STRETCHING	POWER BARRE	BODY SCULT	ABDOS FESSIERS	A.P.M	
	15h30							POWER BARRE		ABDOS FESSIERS
	16h00	STRETCHING	STEP 1	ABDOS FESSIERS	BODY SCULT	STEP 2	DANCE	BODY SCULT		
	16h30	POWER BARRE						ABDOS FESSIERS		16h30
SOIRÉE	17h30	ABDOS FESSIERS	DANCE	BODY SCULT	ABDOS FESSIERS	STRETCHING	ABDOS FESSIERS	AEROBIC	SOIRÉE	
	18h00	STEP 2						ABDOS FESSIERS		DANCE
	18h30	POWER BARRE	STEP 2	STEP 2	POWER BARRE	BODY SCULT	POWER BARRE	ABDOS FESSIERS		
	19h00							POWER BARRE		POWER BARRE
	19h30	STEP 1	ABDOS FESSIERS	POWER BARRE	STEP 2	BODY SCULT	DANCE	ABDOS FESSIERS		
	20h00							ABDOS FESSIERS		AEROBIC
	20h30	ABDOS FESSIERS	POWER BARRE	AEROBIC	POWER BARRE	STEP 1	POWER BARRE	DANCE		
	21h00	STRETCHING						ABDOS FESSIERS		STEP 1
	21h30	POWER BARRE	ABDOS FESSIERS	DANCE	BODY SCULT	STRETCHING	AEROBIC	POWER BARRE		21h30
	22h00									STRETCHING

Cours expert 1H  
 Cours express 1/2H

## LE FITNESS LOW-COST POUR TOUS