

VIDÉO FITNESS

horaire des cours
modifiable à la demande
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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		STRETCHING					8h00		
	8h30	ABDOS FESSIERS	BODY SCULT	POWER BARRE	ABDOS FESSIERS	POWER BARRE	ABDOS FESSIERS	8h30		
	9h00	BODY SCULT			BODY SCULT		9h00			
	9h30	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	ABDOS FESSIERS	9h30		
	10h00	POWER BARRE	ABDOS FESSIERS		10h00					
	10h30	POWER BARRE	BODY SCULT	ABDOS FESSIERS	STEP 2	POWER BARRE	DANCE	10h30		
	11h00	BODY SCULT	POWER BARRE	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	11h00		
	11h30						STEP 1	POWER BARRE	11h30	
MIDI	12h15	STEP 1	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	STEP 1	12h15		
	12h45	POWER BARRE				ABDOS FESSIERS	12h45			
	13h15	POWER BARRE	ABDOS FESSIERS	STEP 1	BODY SCULT	POWER BARRE	DANCE	13h15		
	13h45	ABDOS FESSIERS	STEP 1	STRETCHING			ABDOS FESSIERS	POWER BARRE	13h45	
A.P.M	15h00	BODY SCULT	POWER BARRE	ABDOS FESSIERS	STRETCHING	POWER BARRE	BODY SCULT	ABDOS FESSIERS	15h00	
	15h30			POWER BARRE	ABDOS FESSIERS		BODY SCULT	BODY SCULT	15h30	
	16h00	POWER BARRE	STRETCHING	POWER BARRE	BODY SCULT	STEP 2	DANCE	ABDOS FESSIERS	16h00	
	16h30	POWER BARRE	STEP 1	ABDOS FESSIERS	BODY SCULT	STEP 2	DANCE	ABDOS FESSIERS	16h30	
SOIRÉE	17h30	ABDOS FESSIERS	DANCE	BODY SCULT	ABDOS FESSIERS	STRETCHING	ABDOS FESSIERS	AEROBIC	17h30	
	18h00	STEP 2			DANCE	POWER BARRE	STRETCHING	ABDOS FESSIERS	18h00	
	18h30	STEP 2	ABDOS FESSIERS	STEP 2	POWER BARRE	BODY SCULT	ABDOS FESSIERS	18h30		
	19h00	POWER BARRE	STEP 2				STEP 2	BODY SCULT	POWER BARRE	19h00
	19h30	POWER BARRE	STEP 2	POWER BARRE	STEP 2	BODY SCULT	POWER BARRE	19h30		
	20h00	STEP 1	ABDOS FESSIERS	POWER BARRE	POWER BARRE	AEROBIC	ABDOS FESSIERS	20h00		
	20h30	ABDOS FESSIERS	POWER BARRE				AEROBIC	DANCE	ABDOS FESSIERS	20h30
	21h00	STRETCHING	POWER BARRE	AEROBIC	ABDOS FESSIERS	STEP 1	POWER BARRE	DANCE	21h00	
	21h30	POWER BARRE	ABDOS FESSIERS	DANCE	BODY SCULT	STRETCHING	AEROBIC	POWER BARRE	21h30	
22h00	STRETCHING		ABDOS FESSIERS			22h00				

Cours expert 1H
 Cours express 1/2H

LE FITNESS LOW-COST POUR TOUS