

PLANNING DES COURS COLLECTIFS

Lundi	Mardi	Mercredi	Jeudi	Vendredi
19h CT HAUT DU CORPS 	18h30 CT CARDIO 	18h FLASH ABDOS 	18h30 BIKING 	18h YOGA MAKADAM 
19h30 BIKING 	19h BIKING 	18h30 CHALLENGE 	19h CT CUISSES FESSIERS 	
	19h30 FLASH ABDOS 	19h YOGA MAKADAM 	19h30 FLASH ABDOS 	