

Le Studio 01 - Planning cours collectifs à partir du 2/09/2019

LUNDI			MARDI		MERCREDI		JEUDI			VENDREDI		SAMEDI
Salle 1	Salle 2	Salle 3	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 3	Salle 1	Salle 2	Salle 1
	9h ZUMBA		9h GYM BALL		9h YOGA		9h PILATES 1				9h GYM	
	10h BODY SCULPT			10h CAF	10h LIA 1		10h STRETCH			10h PILATES 1		10h GYM
11h PILATES 1												11h STRETCH
	12h25 CAF			12h25 BODY SCULPT	12h25 PILATES 2		12h25 PILATES 1		12h25 BIKE	12h25 GYM BALL		
							17h HIP-HOP ENFANTS					
18h YOGA	18h PUMP		18h PILATES 1	18h ZUMBA	18h PILATES 2	18h BODY SCULPT		18h STEP 1				
18h45 STRETCH	18h45 STEP 2	18H30 BIKE	18h45 PILATES 1	18h45 STEP 1	18h45 GYM BALL	18h45 LIA 2		18h45 LIA 1		18h30 BIKE		18h30 SALSA 1
19h30 PILATES 1		19H45 BIKE		19h30 CAF	19h30 STRETCH	19h30 ROCK 1/2	19h30 PILATES 1	19h30 BODY SCULPT				19h30 SALSA 2
	20H15 CIRCUIT TRAINING			20h15 HIP HOP								



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THIERRY OU IVANHOÉ	MARIE	IVANHOÉ	THIERRY	VICTOR
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