

PLANNING des cours collectifs

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>Sophie YIN YOGA 9:30</p>	<p>Gérard CIRCUIT TRAINING 9:30</p>	<p>Gérard BIKING GROUP CYCLE 12:30</p>	<p>Loïc.J PILATES 9:30</p>	<p>Axel CAF 9:30</p>	<p>Loïc.J ÉVEIL MUSCULAIRE 9:30</p>	<p>Jeff BIKING GROUP CYCLE 10:30</p>
<p>Axel CAF 17:45</p>	<p>Sophie CROSS TRAINING 12:30</p>	<p>Axel JUMPING 17:45</p>	<p>Loïc.J CIRCUIT TRAINING 12:30</p>	<p>Axel STRETCHING 12:30</p>	<p>Loïc.J PUMP Semaine 1 Semaine 2 GROUP CYCLING Semaine 3 CAF 10:00</p>	<p>Eric SELF DEFENSE 11:00</p>
<p>Axel JUMPING 18:45</p>	<p>Loïc.P STEP 18:45</p>	<p>Loïc.J BIKING GROUP CYCLE 18:45</p>	<p>Loïc.J STEP 17:45</p>	<p>Sophie PILATES 17:45</p>		
<p>Sophie CROSS TRAINING 19:00</p>	<p>Loïc.J CIRCUIT TRAINING 19:45</p>	<p>Axel HIIT 19:45</p>	<p>Loïc.P PUMP 19:45</p>	<p>Loïc.P CARDIO DANCING 18:45</p>		
				<p>Sophie YIN YOGA 19:45</p>		