

Planning cours collectifs du 16/08/22 au 02/09/22

Lundi	Mardi	Mercredi	Jeudi	Vendredi
	Bike 09:15	Renfo 09:15		
	Abdos Flash 10:00	Stretch 10:00	Cardio Boxing 11:00	
			HIIT 17:30	
C.A.F. 18:15	Cardio Boxing 1 18:15	Abdos Flash 18:15	Pump 18:15	
Stretch 19:00	Cardio Boxing 2 19:00	Bike 19:00	Zumba 19:00	