

PLANNING D'ACTIVITES COURS FITNESS

Vacances scolaires

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|-----------------------|---------------------------|---------------------------|-------|---------------------------|---------------------|
| 10h15 CARDIO TONIC | 10h15 STRETCHING | 10h15 RENFO MUSCULAIRE | | 10h15 STEP DEBUTANT | 10h15 HIIT |
| | 11h15 RENFO MUSCULAIRE | | | 11h15 RENFO MUSCULAIRE | 11h15 STRETCHING |
| 12h30 HIIT | 12h30 FAC | 12h30 BIKE INDOOR | | 12h30 BODY BARRE | 12h30 FAC |
| 17h00 BODY BARRE | | | | | |
| 18h00 FAC | 18h00 BIKE INDOOR | | | 18h00 BIKE INDOOR | |
| 19h00 BIKE INDOOR | 19h00 BODY BARRE | | | 19h00 FAC | |
| | 20h00 HIIT | | | 20h00 CARDIO TONIC | |