

PLANNING COURS COLLECTIFS 2022/2023

COURS COLLECTIFS

MATINEE	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
	PAULINE	GI SELA	SYLVIA	HELENE *	HELENE *	SYLVIA
	9h00/10h00 Renforcement musculaire	9h00/9h45  ZUMBA fitness	9h00/10h00 Pilates	9h00/10h00* Abdos fessiers	9h00/10h00* Abdos fessiers	9h30/10h30 Body Sculpt
	10h00/11h00 Stretching	9h45/10h15 Abdos Fessiers	10h00/11h00  ZUMBA fitness	10h00/11h00* Gym douce	10h00/11h00* HIIT	10h30/11h30  ZUMBA fitness
	11h00/12h00 Pilates	10h15/11h00 Renforcement musculaire	11h00/11h45 Renforcement Musculaire	11h00/12h00* Renforcement Musculaire	11h00/12h00* Stretching	11h30/12h00 Abdos Fessiers
		11h00/11h30 Yoga	11h45/12h15 Stretching	* : sauf vacances scolaires		

SOIREE	GI SELA	ANTOINE	ANTOINE	GI SELA	SYLVIA	
	18h00/18h45 Body Barre	18h00/18h30 Cuisses Abdos Fessiers	17h30/18h00 Cuisses Abdos Fessiers	17h30/18h00 Abdos fessiers		
	18h45/19h30 Step	18h30/19h15 Circuit training	18h00/18h45 Body barre	18h00/18h45 Renforcement musculaire	18h00/19h00 Pilates	
	19h30/20h30  ZUMBA fitness	19h15/19h30 Abdos flash	18h45/19h30 HIIT	18h45/19h45 STRONG	19h00/20h00  ZUMBA fitness	
	20h30/21h00 Yoga	19h30/20h15 Pilates	19h30/20h15 Postural ball	19h45/20h15 Postural Ball		
		20h15/20h45 Stretching		20h15/21h00  ZUMBA fitness		

