

	9 H 15	10 H 00	10 H 45	11 H 00	12 H 30	14 H 30	15 H 15	15 H 30	16 H 00	16 H 15	16 H 45	17 H 00	17 H 30	17 H 45	18 H 30	19 H 15	19 H 30	20 H 00	20 H 15
Lun.	9:15 BBEA (45'')	10:00 YOGA (90'')			12:30 BODYB (45'')	14:30 GT (45'')		15:30 AQ (45'')				17:00 CAF (45'')	17:45 BBEA (45'')	18:30 TBC (45'')	19:15 ZUM (45'')				20:15 GC (45'')
		10:00 CAF (45'')			12:30 AQ (45'')											19:15 BODYB (45'')		19:30 SPI (75'')	
Mar.	9:15 SPI (45'')	10:00 BBEA (45'')		11:00 AQ (45'')	12:30 SPI (45'')	14:30 BS (45'')		15:30 AQB (45'')				17:00 GT (45'')	17:45 TBC (45'')	18:30 PILAT (45'')	19:15 CAF (45'')			20:00 AQB (45'')	
		10:00 GC (45'')			12:30 PILAT (45'')									18:30 ZUM (45'')	19:15 S (45'')				
Mer.	9:15 BS (45'')	10:00 ZUM (45'')		11:00 AQB (45'')	12:30 AQ (45'')	14:30 BBEA (45'')	15:15 CAF (45'')	16:00		16:15 AQ (45'')	17:00 BBEA (45'')	17:45 CAF (45'')	18:30 STEP (45'')	19:15 ZUM (45'')	20:00 CROSS (45'')				
					12:30 BODYP (45'')								18:30 SPI (45'')	19:15 BODYB (45'')					20:15 AQ (45'')
Jeu.	9:15 GT (45'')	10:00 CT (45'')	10:45 S (45'')		12:30 TBC (45'')	14:30 CAF (45'')				16:15 AQ (45'')	17:00 GT (45'')	17:45 BBEA (45'')	18:30 BODYB (45'')	19:15 YOGA (90'')					20:15 AQB (45'')
		10:00 GD (45'')			12:30 SPI (45'')								18:30 ATG (45'')	19:15 BODYP (45'')			19:30 CT (60'')		
Ven.	9:15 CAF (45'')	10:00 PILAT (45'')	10:45 BODYB (45'')		12:30 BS (45'')	14:30 BBEA (45'')				16:15 AQ (45'')	17:00 CAF (45'')	17:45 BBEA (45'')	18:30 AQ (45'')	19:15 SPI (45'')					
													18:30 CROSS (45'')	19:15 PILAT (45'')					
Sam.	9:15 BODYP (45'')	10:00 YOGA (90'')		11:00 AQ (45'')		14:30 ZUM (45'')	15:15 BODYP (45'')	16:00	16:00 TBC (45'')	16:45 PILAT (45'')	17:30 BODYB (45'')								
		10:00 TBC (45'')																	
Dim.	9:15 BBEA (45'')	10:00 SPI (45'')	10:45 TBC (45'')			14:30 CAF (45'')	15:15 BBEA (45'')	16:00 BS (45'')	16:00 S (45'')	16:45	16:45	17:30							
		10:00 CAF (45'')		11:00 AQ (45'')			15:15 CROSS (45'')	16:00											



Planning des
cours collectifs
au 21 / 11 /
2017

Alain	Rabah	Ludmilla
Matthieu	Brigitte	Robin
Isabelle	Olivier	Anthony
Julien	Patrick	Mouna
Caroline	Sandra	
Joelle	Sophie	

BBEA : BRAS BUSTE ÉPAULES	AQB : AQUABIKING	PILAT : PILATES MODIFIÉS	CROSS : CROSS TRAINING
CAF : CUISSE ABDO FESSIER	S : STRETCHING	CT : CIRCUIT TRAINING	SD : SPÉCIAL DOS
YOGA : YOGA	GC : GYM CHINOISE	STEP : STEP	ATG : ABDO TAILLE GAINAGE
BODYB : BODYBALANCE	SPI : SPINNING	BODYP : BODYPUMP	
GT : GYM TRADITIONNELLE	AQ : AQUA GYM	TBC : TOTAL BODY CONDITION	
ZUM : ZUMBA	BS : BODY SCULPT	GD : GYM DOUCE	