

PLANNING RENTREE 2017

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI				
9h15	STEP	CORE FOCUS	RPM	PILATES	BODYPUMP	BODYPUMP				
10h15	CAF	BODY COMBAT	SCULPT	CIRCUIT TRAINING		RPM				
12h15	Circuit Training	CORE FOCUS			CORE FOCUS					
12h30			BALANCE	RPM						
12h45	RPM	BODY PUMP			BODY COMBAT					
14h30	FLOAT / YOGA/ TAI CHI			CAF						
16h45	BODY PUMP									
17h30	CAF	PILATES salle	BODY ATTACK	CORE FOCUS	RPM	STEP	BODY PUMP	CT FORCE SALLE		
18h30	BODY PUMP	RPM	BODY JAM	RPM	BA	RPM	BODY PUMP	RPM	BODY COMBAT	RPM
19h30	BODY COMBAT	RPM	BODY PUMP	PILATES	ZUMBA	RPM	BODY JAM			