

PLANNING COURS COLLECTIFS

LUNDI	9H15 Pilates		12H15 Pilates	12H30 Mixte training	18H15 Mobility	18H30 Cross training	19H15 Pilates	19H30 Muscle Up
MARDI	9H15 Mixte training			12H30 FAC		18H30 Cross training		19H30 Mixte training
MERCREDI	9H15 Muscle Up 9H30 Pilates		12H15 Mobility	12H30 Mixte training	15H30 cours ados	17h30 & 18H30 Muscle Up	18H30 Pilates	19H30 Pilates
JEUDI	9H15 Pilates 9h30 FAC	10H15 Pilates	12H30 Muscle Up	12H30 Pilates	18H00 Pilates	18H15 Sweet Training	19H00 Mobility	19H30 Sweet training
VENDREDI	9H15 Mobility	9H30 Mixte training	12H15 Mobility	12H30 Mixte training	14H00 Pilates		17h00 Muscle Up	18H15 Mixte training
SAMEDI	9h30 Mixte Training	10h45						