

# PLANNING COURS COLLECTIFS

HEURE	SALLE
9h30	<i>Fitness</i>
10h00	<i>Fitness</i>
11h00	<i>Fitness</i>
11h45	<i>Fitness</i>
12h30	<i>Fitness</i>
17h00	<i>Fitness</i>
18h00	<i>Fitness</i>
18h15	<i>Fitness</i>
18h45	<i>Fitness</i>
19h00	<i>Fitness</i>
19h30	<i>Fitness</i>
19h45	<i>Fitness</i>

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
OPTIMUM STEP		OPTIMUM STEP		X55	
OPTIMUM STRECH		OPTIMUM STRECH		OPTIMUM STRECH	
R Cross		X55		OPTIMUM STEP	
OPTIMUM MEGABDOS	PILOXING	R DANCE	X55	OPTIMUM MEGABDOS	
R Cross		PILOXING		X55	
	ZUMBA		OPTIMUM STEP		
		ZUMBA		R PUMP	
OPTIMUM STRECH	OPTIMUM MEGABDOS		OPTIMUM STRECH		