

## COURS COLLECTIFS FITNESS

### *ÉTÉ 2020*

	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H15-11H	PILATES	TOTAL BODY	TRAINING MINCEUR STRETCHING	FONCTIONAL TRAINING SENIOR	10H30-11H15 BIKING	11H-11H45 BIKING
12H30-13H15	POWERLIFT	PILATES	BODY BALL	CAF		
15H-15H45	CAF	POWERLIFT	TAF	BODY BALL	15H15-16H BODY'BALL	
17H30-18H15				FIT TRAINING		
18H15-19H	BIKING	FIT TRAINING	BIKING	PILATES		