

## Planning des cours collectifs de septembre à décembre 2024

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
07h15 -> 45' BODY-SCULPT	07h15 -> 30' <b>LES MILLS GRIT</b>	07h15 -> 45' CROSS TRAINING	07h15 -> 45' <b>LES MILLS BODYPUMP</b>	07h15 -> 45' CROSS TRAINING		
	8h45 -> 45' RENFO POSTURAL		08h45 -> 45' BODY SCULPT			
09h30 -> 45' RENFO POSTURAL	09h30 -> 45' CAF	09h30 -> 45' BODY SCULPT	09h30 -> 45' OXYGENE	09h30 -> 45' CAF	09h30 -> 45' <b>LES MILLS BODYCOMBAT</b>	09h30 -> 45' CROSS TRAINING
10h15 -> 45' CAF	10H15 -> 45' OXYGENE	10H15 -> 45' STRETCHING	10H15 -> 45' RENFO POSTURAL	10H15 -> 45' STRETCHING	10H15 -> 45' BODY SCULPT	10H15 -> 45' <b>LES MILLS BODYPUMP</b>
					11h15 -> 45' SPINNING	11h15 -> 45' RENFO POSTURAL
						12h00 -> 30' STRETCHING
12h30 -> 45' <b>LES MILLS BODYCOMBAT</b>	12h30 -> 45' CROSS TRAINING	12h30 -> 45' <b>LES MILLS BODYPUMP</b>	12h30 -> 45' BODY SCULPT	12h30 -> 45' <b>LES MILLS BODYCOMBAT</b>		
13h15 -> 45' <b>LES MILLS BODYPUMP</b>	13h15 -> 30' STRETCHING	13h15 -> 30' <b>LES MILLS GRIT</b>	13h15 -> 30' ABDOS FLASH	13h15 -> 45' BODY SCULPT		
17h30 -> 45' OXYGENE	17H30 -> 45' CAF	17h30 -> 45' RENFO POSTURAL	17h30 -> 45' <b>LES MILLS BODYCOMBAT</b>	17h30 -> 45' <b>LES MILLS BODYPUMP</b>		
18h20 -> 45' BODY SCULPT	18h20 -> 45' <b>LES MILLS BODYPUMP</b>	18h20 -> 45' <b>LES MILLS BODYCOMBAT</b>	18h20 -> 30' <b>LES MILLS GRIT</b>	18H20 -> 45' SPINNING		
19h10 -> 45' CROSS TRAINING	19h10 -> 45' <b>LES MILLS BODYCOMBAT</b>	19h10 -> 45' <b>LES MILLS BODYPUMP</b>	19h10 -> 45' STRETCHING	19h10 -> 45' OXYGENE		