

PLANNING COURS



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN		PILATES SENIOR 10h-11h				PILATES 10h-11h
					CARDIO 11h-12h	RENFORCEMENT FULL BODY 11h15-12h15
MIDI					PILATES 12h15-13h15	
APRÈS-MIDI / SOIR						
	CARDIO 17h30-18h30		PILATES 17h30-18h30	RENFORCEMENT ABDOS FESSIERS 18h15-19h15		
	PILATES 18h45-19h45		RENFORCEMENT ABDOS FESSIERS 18h45-19h45	PILATES 19h30-20h30		