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LUNDI 09H00-21H30	MARDI 09H00-21H30	MERCREDI 10H00-21H30	JEUDI 09H00-21H30	VENDREDI 09H00-21H00	SAMEDI 09H30-18H00	DIMANCHE 09H30-17H00
T.A.F 9h30 (45')	BODY SCULPT 9H30 (30')	VIDEO	ABDO FESSIER 9H30 (30')	T.A.F 09h30 (45')	BODY SCULPT 09h45 (45')	BODY SCULPT 09h45 (45')
LES MILLS BODYPUMP 10h15 (60')	ABDO FESSIER 10H00 (30')		BODY SCULPT 10H00 (30')	LES MILLS RPM 10h15 (45')	STRETCHING 10h30 (30')	STRETCHING 10h30 (30')
STRETCHING 11h15 (30')	BODY YOGA 10h30 (60')		STRETCHING 10h30 (30')	ZUMBA 11h00 (30')	PILATES 11H00 (45')	CARDIO FIT 11h00 (45')
ABDOS FESSIERS 12h15 (30')	LES MILLS BODYPUMP 12h30 (45')	PILATES 12h15 (60')	PILATES 12h15 (60')	ABDOS FESSIERS 12h15 (30')	LES MILLS BODYPUMP 11h45 (45')	LES MILLS CXWORX 11h30 (30')
BODY SCULPT 12h45 (30')			PILATES 12h15 (60')	PILATES 12h15 (60')	BODY SCULPT 12h45 (30')	VIDEO FITNESS
VIDEO FITNESS	VIDEO FITNESS	VIDEO FITNESS	VIDEO FITNESS	VIDEO FITNESS	BODY SCULPT 15H00 (30')	Evènement  FITNESS* *avec suppl
					ABDO FESS 15h30 (30')	
					ZUMBA 16h00(60')	
BODY SCULPT 17H00 (30')	TAILLE ABDOS 17H30 (30')	ABDO FESSIER 17H00 (30')	BODY YOGA 17H30 (45')	BODY SCULPT 17h00 (45')	<p><b>01.48.73.15.22</b>  <u>*RPM ET HIIT COURS SUR  RESERVATION</u></p>	
ABDO FESSIER 17H30 (30')	FES.CUISSSES 18H00 (30')	BODY SCULPT 17h30 (30')	ABDOS FLASH 18H15 (15')	LES MILLS CXWORX 17h45 (30')		
STRETCHING 18H00 (30')	LES MILLS CXWORX 18H30 (30')	STRETCHING 18h00 (30')	LES MILLS BODYPUMP 18H30 (45')	LES MILLS RPM 18H15 (60')		
LES MILLS BODYSTEP 18H30 (45')	LES MILLS BODYCOMBAT 19H00 (45')	ZUMBA fitness 18h30 (45')	ABDO FESSIER 19H15 (30')	PILATES 19H15 (45')		
PILATES 19H15 (45')	ABDOS FLASH 19h45 (15')	CARDIO DANSE 19h15 (45')	ZUMBA fitness 19H45 (45')	HIIT 20H10 (30')		
BODY SCULPT 20H00 (45')	LES MILLS RPM 20H00 (60')	HIIT 20H10 (30')				
		HIIT 20H45 (30')				

Planning non contractuel donné à titre indicatif. Nous nous réservons le droit à toutes modifications  
remplacement par video fitness en cas d'absence d'un professeur

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