COURS EN GROUPE AVEC COACH

ZONE EXTRA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	LesMills BODYPUMP 8h00-9h00 Pierre	LesMills BODYPUMP 8h30-9h15 Pierre				
GoFitness MUSCLES 9h30-10h15 Pierre	LesMills BODYFLOW 9h00-9h45 Pierre	GoFitness ABS 9h15-9h30 Pierre		GoFitness MUSCLES 9h30-10h15 Lisa	LesMills CXWORX 9h00-9h35 Alexandre	GoFitness ATHLETIK 9h30-10h15 L-A
GoFitness FLEX 10h15-10h30 Pierre		GoFitness MUSCLES 9h45-10h45 Pierre		GoFitness ABS 10h15-10h30 Lisa	GoFitness ATHLETIK 9h35-10h05 Alexandre	LesMills BODYFLOW 10h15-11h15 L-A
				GoFitness ZEN YOGA 10h30-11h00 Johey	LesMills BODYPUMP 10h05-11h05 Laura	
LesMills BODYPUMP 12h00- 12h30 Élizabeth		GoFitness ATHLETIK 12h00-12h30 Pierre	POWER CARDIO 12h00-12h30 Lisa	LesMills BODYPUMP 12h00-12h45 Johey		
LesMIlls BODYFLOW 12h30- 13h00 Élizabeth		LesMills CXWORX 12h30-13h05 Pierre	LesMills CXWORX 12h30-13h05 Lisa	GoFitness ABS 12h45- 13h00 Johey		
GoFitness STEP 16h30-17h00 Nadège		GoFitness STEP 16h30-17h00 Nadège				
LesMills BODYPUMP 17h00-17h30 Nadège	GoFitness ATHLETIK 17h15-18h00 Laura	NEWBODY 17h00-17h30 Nadège	LesMills CXWORX 17h00-17h35 Annie			
LesMills BODYPUMP 17h30-18h30 Laura	GoFitness ABS 18h00-18h15 Laura	LesMills BODYPUMP 17h35-18h35 Cloée	GoFitness ATHLETIK 17h35-18h05 Annie			
GoFitness ATHLETIK 18h30-19h00 Laura	ZUMBA (Extérieur) 18h15-19h15 Karine	GoFitness STEP 18h35-19h05 Karine	LesMills BODYPUMP 18h05-19h05 Laura			
LesMills CXWORX 19h00-19h35 Annie		LesMills BODYFLOW 19h05-19h35 Karine				

MISE EN FORME Econofitness EXTRA