



PLANNING CESSY 6 MAI 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:15	BODY SCULPT	STEP		PILATES		
10:15	PILATES	YOGA	C.A.F <small>10h</small>	 ZUMBA®	BODY SCULPT <small>10h</small>	C.A.F <small>10h</small>
11:00			<i>Kids Training</i>			COURS SURPRISE
12:15	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	BIKE	C.A.F	LES MILLS BODYBALANCE	
15:00						
16:00						
17:00						
17:30	C.A.F	PILATES	BODY SCULPT	BIKE	STEP	
18:30	BIKE 	C.A.F	LES MILLS GRIT STRENGTH	YOGA	LES MILLS BODYPUMP BEST CYCLING 🚲	
19:30	LES MILLS BODYPUMP	 BEST CYCLING 🚲	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS GRIT CARDIO	