













## PLANNING LA CROISÉE MAI 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:00	 ZUMBA®	CIRCUIT		BODY SCUPLT	 LES MILLS <b>GRIT</b> CARDIO	
10:00	C.A.F	PILATES	 LES MILLS <b>BODYBALANCE</b>	STRETCH 30'	PILATES	C.A.F
11:00	POUNDS	ABDO FLASH	ABDOS FESSIER			POUNDS
14:30	 LES MILLS <b>BODYBALANCE</b>			SOUPLESSE		
17:30	 BEST CYCLING 	 LES MILLS <b>GRIT</b> ATHLÉTIC	 ANIMAL FLOW	 LES MILLS <b>GRIT</b> STRENGTH	 LES MILLS <b>BODYBALANCE</b>	
18:30	 LES MILLS <b>GRIT</b> STRENGTH	C.A.F	 BEST CYCLING 	 LES MILLS <b>BODYATTACK</b>	 LES MILLS <b>BODYJAM</b>	
19:30	 ANIMAL FLOW	BIKE 30'	 ZUMBA®	C.A.F		