





**PLANNING CESSY À PARTIR DU 2 SEPTEMBRE 2024**

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