

PLANNING DIVONNE À PARTIR DU 2 SEPTEMBRE 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:30	YOGA <small>10h</small>	GYM DOS	BODY SCULPT <small>10h</small>	GYM DOS	TAI CHI <small>10h</small>	HBX—BOXING <small>10h</small>
10:30	CAF <small>11h</small>	HBX—FUSION	YOGA <small>11h</small>	<small>LES MILLS</small> CORE	QI GONG <small>11h</small>	PILATES <small>11h</small>
12:30	GYM DOS	HBX—MOVE	PILATES	<small>LES MILLS</small> GRIT	BODY SCULPT	
17:30	PILATES	HIIT	ABDOS KILLER	HBX—BOXING	<small>LES MILLS</small> CORE	
18:30	CAF	<small>LES MILLS</small> CORE	HBX—BOXING	HIIT	<small>LES MILLS</small> GRIT	
19:30	HBX—BOXING	<small>LES MILLS</small> GRIT	HBX—MOVE	HBX—FUSION	CAF	