



PLANNING LA CROISÉE À PARTIR DU 30 SEPTEMBRE 2024

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|-------|--|--|------------------------------------|-------------------------|--------------------|-------------------------------|
| 9:30 | BODY SCUPLT ^{9h} | BIKE | CIRCUIT TRAINING | C.A.F | LES MILLS BODYPUMP | |
| 10:30 |  ZUMBA ^{10h} | YOGA | BODY SCUPLT | STEP | PILATES | C.A.F ^{10h} |
| 11:00 | | | | | | COURS SURPRISE ^{11h} |
| 17:30 | CIRCUIT TRAINING | LES MILLS GRIT STRENGTH | C.A.F | LES MILLS GRIT ATHLÉTIC | ABDOS FLASH | |
| 18:00 | BEST CYCLING  | LES MILLS BODYATTACK | | LES MILLS BODYPUMP | STEP | |
| 19:00 | C.A.F | | STRETCH SOUPLESSE ^{18h30} | LIA | BIKE | |
| 20:00 | |  ZUMBA ^{19h30} | LES MILLS BODYJAM ^{19h30} | | | |