



**PLANNING VALSERHONE** À PARTIR DU 30 SEPTEMBRE 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<b>9:30</b>	STEP	BODY SCULPT	C.A.F	WOD	C.A.F <small>10h00</small>	CARDIO SURPRISE <small>10h00</small>
<b>10:30</b>	C.A.F	BEST CYCLING 	STRETCHING	BODY SCULPT	LES MILLS RPM <small>10h45</small>	CAF <small>10h45</small>
<b>12:15</b>	BODY SCULPT	WOD	LES MILLS RPM	LES MILLS BODYATTACK		
<b>17:30</b>	WOD	STRETCHING	LES MILLS CORE	CIRCUIT TRAINING	WOD <small>17h00</small>	
<b>18:00</b>	LES MILLS BODYPUMP	C.A.F	STEP	LES MILLS RPM	LIA	
<b>19:00</b>	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	WOD	C.A.F	BODY SCULPT	
<b>19:30</b>			 ZUMBA®			