



PLANNING CESSY À PARTIR DU 4 NOVEMBRE 2024

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