




## PLANNING LA CROISÉE À PARTIR DU 3 MARS 2025

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<b>9:00</b>						
<b>10:00</b>	<b>STRETCH</b>	<b>BIKE</b>	<b>BODY SCUPLT</b>	<b>C.A.F</b>	<b>LES MILLS BODYPUMP</b>	<b>C.A.F</b>
<b>11:00</b>	<b>LIA</b>	<b>YOGA</b>	<b>STEP</b>	<b>STRETCH</b>	<b>PILATES</b>	<b>CARDIO SURPRISE</b>
<b>17:30</b>	<b>BEST CYCLING</b> 	<b>PILATES</b>	<b>C.A.F</b>	<b>CIRCUIT TRAINING</b>	<b>BEST CYCLING</b> 	
<b>18:30</b>	<b>C.A.F</b>	<b>LES MILLS BODYATTACK</b>	<b>STRETCH</b>	<b>LES MILLS BODYPUMP</b>	<b>BODY SCUPLT</b>	
<b>19:30</b>	<b>LES MILLS GRIT</b> ATHLÉTIC	 <b>ZUMBA</b>	<b>BODY JAM</b>	<b>LIA</b>	<b>STEP</b>	