


PLANNING VALSERHONE À PARTIR DU 10 MARS 2025

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:00	C.A.F	BODY SCULPT	PILATES	WOD	C.A.F	BODY SCULPT
11:00	CIRCUIT TRAINING	PILATES	C.A.F	BODY SCULPT	WOD	CARDIO SURPRISE
12:15		WOD	WOD	<small>LES MILLS</small> CORE		
17:30	WOD	<small>LES MILLS</small> BODYCOMBAT	WOD	RPM	<small>LES MILLS</small> BODYPUMP	
18:30	PILATES	C.A.F	RPM	PILATES	<small>LES MILLS</small> BODYCOMBAT	
19:30	<small>LES MILLS</small> BODYATTACK	LIA	 ZUMBA	STEP	WOD	