

Planning Cours Collectifs 2022

| Lundi | Mardi | Mercredi | Jeudi | Vendredi |
|---------------------------------|---------------------------------|---------------------------|---|--|
| 16:30 – 17:00 Cross training | 12:15 – 12:45 Midi Power | 10:00 – 10:45 Renfo | 10:15 – 11:00 TRX | 12:15 – 12:45 Midi Power |
| 17:15 – 18:00 TRX | 16:15 – 17:00 TRX | 16:15 – 17:00 TRX | | Samedi 10:00 – 10:45 Renfo |
| 18:00 – 18:45 Jumping | 17:45 – 18:30 Power Body | 17:15 – 18:00 Zumba | 18:00 – 18:30 Flash Abdos | Dimanche 10:00 – 10:45 Jumping |
| 19:00 – 19:45 Renfo Metcon | 18:30 – 19:15 Jumping | 18:15 – 19:00 HIIT | 18:30 – 19:15 Jumping |  |
| 19:15 – 20:00 Zumba | 19:15 – 19:45 Cross training | 19:00 – 19:45 Piloxing |  StudioZ 0797747163 | |