

2022 COURS COLLECTIFS

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
12:15 – 12:45 Midi Power	16:15 – 17:00 TRX	10:00 – 10:45 Renfo	12:15 – 12:45 Midi Power		10:15 – 11:00 Renfo	10:00 – 10:45 Jumping
18:00 – 18:45 Jumping	17:00 – 17:45 Power Body	17:15 – 18:00 Zumba				
19:00 – 19:45 Renfo	18:00 – 18:45 Jumping	18:00 – 18:45 Renfo	18:00 – 18:45 Jumping			
19:15 – 20:00 Zumba	19:00 – 19:45 Jumping	19:00 – 19:45 Piloxing	18:45 – 19:15 Renfo			