

# COURS COLLECTIFS

POWERED BY



"Comme si vous étiez en pleine nature"

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
08:00	+STEP 25'	ABDOS 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	LATINO FIT 25'	LATINO FIT 25'	08:00
08:15								08:15
08:30	LATINO FIT 25'	LATINO FIT 25'	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	08:30
08:45								08:45
09:00	ABDOS 25'	BODYSCULPT 25'	STEP 25'	ABDOS 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	09:00
09:15								09:15
09:30	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	LATINO FIT 25'	FESSIERS 25'	ABDOS 25'	09:30
09:45								09:45
10:00	LATINO FIT 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	LATINO FIT 25'	FESSIERS 25'	10:00
10:15								10:15
10:30	STEP 25'	STRETCHING 25'	LATINO FIT 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	LATINO FIT 25'	10:30
10:45								10:45
11:00	BODYSCULPT 25'	STEP 25'	STRETCHING 25'	LATINO FIT 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	11:00
11:15								11:15
11:30	ABDOS 25'	BODYSCULPT 25'	STEP 25'	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	11:30
11:45								11:45
12:00	LATINO FIT 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	12:00
12:15								12:15
12:30	ABDOS 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	LATINO FIT 25'	STRETCHING 25'	FESSIERS 25'	12:30
12:45								12:45
13:00	STEP 25'	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	LATINO FIT 25'	STRETCHING 25'	13:00
13:15								13:15
13:30	BODYSCULPT 25'	STEP 25'	ABDOS 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	13:30
13:45								13:45
14:00	ABDOS 25'	BODYSCULPT 25'	LATINO FIT 25'	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	14:00
14:15								14:15
14:30	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	ABDOS 25'	FESSIERS 25'	LATINO FIT 25'	14:30
14:45								14:45
15:00	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	LATINO FIT 25'	STRETCHING 25'	FESSIERS 25'	15:00
15:15								15:15
15:30	BODYSCULPT 25'	ABDOS 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	ABDOS 25'	15:30
15:45								15:45
16:00	ABDOS 25'	STEP 25'	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	16:00
16:15								16:15
16:30	ABDOS 25'	BODYSCULPT 25'	LATINO FIT 25'	ABDOS 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	16:30
16:45								16:45
17:00	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	LATINO FIT 25'	STRETCHING 25'	LATINO FIT 25'	ABDOS 25'	17:00
17:15								17:15
17:30	ABDOS 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	LATINO FIT 25'	ABDOS 25'	FESSIERS 25'	17:30
17:45								17:45
18:00	LATINO FIT 25'	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	LATINO FIT 25'	18:00
18:15								18:15
18:30	BODYSCULPT 25'	STEP 25'	ABDOS 25'	LATINO FIT 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	18:30
18:45								18:45
19:00	ABDOS 25'	ABDOS 25'	LATINO FIT 25'	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	19:00
19:15								19:15
19:30	FESSIERS 25'	BODYSCULPT 25'	STEP 25'	STEP 25'	LATINO FIT 25'	LATINO FIT 25'	ABDOS 25'	19:30
19:45								19:45
20:00	LATINO FIT 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	STRETCHING 25'	FESSIERS 25'	20:00
20:15								20:15
20:30	STEP 25'	ABDOS 25'	LATINO FIT 25'	ABDOS 25'	BODYSCULPT 25'	STEP 25'	LATINO FIT 25'	20:30
20:45								20:45
21:00	BODYSCULPT 25'	STEP 25'	STRETCHING 25'	FESSIERS 25'	ABDOS 25'	BODYSCULPT 25'	FESSIERS 25'	21:00
21:15								21:15
21:30								21:30
21:45								21:45

Sous réserve de modifications