



# PROGRAMME DES COURS COLLECTIFS A PARTIR DU 11.09.2017

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
FITNESS	RPM	FITNESS	RPM	FITNESS	RPM	FITNESS	RPM	FITNESS	RPM	FITNESS	RPM
09:15 - 10:15 <b>LES MILLS BODYPUMP</b>		09:15 - 10:15 CAF		09:15 - 10:00 STEP Niv.1		09:15 - 10:15 BODYSULPT		09:15 - 09:45 <b>LES MILLS BODYPUMP EXPRESS</b>		09:30 - 10:15 CAF	
10:15 - 10:45 <b>LES MILLS CXWORX</b>				10:00 - 10:30 <b>LES MILLS CXWORX</b>				09:45 - 10:15 <b>LES MILLS CXWORX</b>			10:15 - 11:00 <b>LES MILLS RPM</b>
10:45 - 11:30 STRETCH POSTURAL				10:30 - 11:00 STEP INIT.							
		12:30 - 13:15 <b>LES MILLS BODYPUMP</b>				12:30 - 13:15 CAF			12:30 - 13:15 <b>LES MILLS RPM</b>		
17:15 - 18:00 CAF								17:45 - 18:15 HILOW INIT.			
18:00 - 19:00 <b>LES MILLS BODYATTACK</b>	18:00 - 18:50 <b>LES MILLS RPM</b>	18:00 - 18:30 <b>LES MILLS BODYPUMP EXPRESS</b>		18:00 - 19:00 <b>LES MILLS BODYPUMP</b>		18:00 - 18:30 <b>LES MILLS BODYPUMP EXPRESS</b>	18:00 - 18:30 <b>LES MILLS RPM EXPRESS</b>	18:15 - 19:00 HILOW Niv.1			
19:00 - 20:00 <b>LES MILLS BODYJAM</b>		18:30 - 19:15 STEP Niv. 2		19:00 - 20:00 <b>LES MILLS BODYJAM</b>	19:00 - 19:50 <b>LES MILLS RPM</b>	18:45 - 19:15 <b>LES MILLS CXWORX</b>		19:00 - 20:00 <b>ZUMBA FITNESS</b>			
		19:15 - 20:15 <b>ZUMBA FITNESS</b>									

Rejoignez l'open sur



**ATTENTION annulation du cours si:**

\*Cours Cardio < 5 personnes

\*Renforcement < 3 personnes