

Planning cours collectifs - Espace **FORME**

Lundi	Mardi	Mercredi	Jeudi	Vendredi
10h RPM 45 mn	10h Body Equilibre 45 mn		10h Pilates 45 mn	10h Body Pump 1h00
12h30 Cuisses Abdo Fessiers 45 mn	12h30 Body Pump 45 min	12h30 HitTraining 45 mn	12h30 Body Pump 45 mn	12h30 Full Body 45 mn
17h45 Abdos Flash 15 mn	17h45 Abdos Flash 15 mn		17h45 Abdos Flash 15 mn	17h45 Abdos Flash 15 mn
18h Body Pump 45 min	18h RPM 45 min	17h45 Cuisses Abdo Fessiers 45 mn	18h Cycling 45 mn	18h RPM 45 min
19h Cycling 30 mn	18h45 Pilates 45 mn	18h30 Body Pump 30 mn	18h45 Hit Training 45 mn	19h Body Pump 30 mn
19h30 Sretching 20 mn	19h30 Body Pump 45 mn	19h15 RPM 45 mn		