



Planning Forme express

01.43.18.00.12

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	Kevin	Kevin	Kevin	Arthur	Kevin	Kevin	LIBRE
11h00						11h-12h Gym Sculpt	
12h00	Zumba	Body Barre	CROSS TRAINING	Cuisses Abdos Fessiers	Step (débutant)	12h-13h Zumba	
12h40	H.I.I.T Circuit training	Step (Intermédiaire)	CROSS TRAINING	Gym Sculpt	Body Barre	13H-14H Gym Douce	
13h20 14h00	Cuisses Abdos Fessiers	Gym Douce	Gym Sculpt	Gym Douce	Cuisses Abdos Fessiers		
	Arthur	Kevin	Arthur	France Anne	Kevin	Arthur	LIBRE
						17H - 18H	
18h00	Body Sculpt	Cardio Gym	Cuisses Abdos Fessiers	Mega Flex Gym douce	Step (Confirmé)	Boxe training	
19h00	Cuisses Abdos Fessiers	Cardio Fight	Body Barre	Global Body Work Full body	Zumba		
20h00 21h00	Sculpt n' rope	Zumba	Gym Douce	Yoga /Stretching	Cardio Fight		