



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	C.A.F Cuisses Abdos Fessiers	Step Débutant	12h-13h Zumba	
12h40	H.I.I.T Circuit training	Step Intermédiaire	CROSS TRAINING	Gym Sculpt	Zumba	13H-14H Gym Douce	
13h20 14h00	C.A.F Cuisses Abdos Fessiers	Gym Douce	Gym Sculpt	Gym Douce	Body Barre		
	THOMAS	KEVIN	ARTHUR	France Anne	KEVIN		LIBRE
18h00	Body Sculpt	H.I.I.T Circuit training	Boxe Training	Stretch Flex	Step Confirmé		
19h00	C.A.F Cuisses Abdos Fessiers	Cardio Fight	C.A.F Cuisses Abdos Fessiers	Stretch Gainage	Zumba		
20h00 21h00	Sculpt n' rope	Zumba	Gym Douce/ Wim Hof	Stretch Yoga	Cardio Fight		