



PLANNING COURS COLLECTIFS 2019-2020

[01.84.17.15.56](tel:01.84.17.15.56) / formeexpress17@gmail.com

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
	KEVIN	KEVIN	KEVIN	ARTHUR	KEVIN	KEVIN	LIBRE
11h00						11h-12h Gym Sculpt	
12h00	Zumba	Step Intermédiaire	Cross Training	C.A.F Cuisses Abdos Fessiers	Step débutant	12h -13h Zumba	
12h40	H.I.I.T N'Jump	Body Barre	Cross Training	GRIT	Zumba	13h - 14h Gym douce	
13h20	C.A.F Cuisses Abdos Fessiers	Gym douce	Gym Sculpt	Gym Douce / Wim Hot	Body Barre		
14h00							
	THOMAS	KEVIN	THOMAS	LEA	KEVIN		
18h00	Body Sculpt	H.I.I.T N'Jump	H.I.I.T Circuit Training	Stretch Flex	Step Confirmé		
19h00	C.A.F Cuisses Abdos Fessiers	Cardio Fight	C.A.F Cuisses Abdos Fessiers	Stretch Gainage	Zumba		
20h00	H.I.I.T Circuit Training	Zumba	Gym Douce	Stretch Yoga	Cardio Fight		
21h00							