ENTRAINEMENTS EN GROUPE AVEC COACH

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
LesMills BODYPUMP 8h30-9h30 Joanne	ZUMBA 8h45-9h45 Nilva	Gofitness ATHLETIK 8h45-9h30 Laurie-Anne	ZUMBA 8h45-9h45 Nilva	Gofitness XTREM 8h30-9h00 Mélissa		ZUMBA 8h30-9h30 Brigite
POWER CARDIO 9h30-10h00 Joanne				LesMills BODYPUMP 9h00-10h00 Mélissa	LesMills BODYPUMP 9h15-10h15 Joanne	Gofitness ATHLETIK 9h30-10h00 Brigite
LesMills CXWORX 10h00-10h35 Joanne					POWER CARDIO 10h15-10h45 Joanne	
LesMills BODYFLOW 10h35-11h35 Joanne	Gofitness SENIOR 10h30-11h15 Helen	Gofitness TOTALFIT 10h30-11h30 Jennifer	Gofitness TOTALFIT 10h00-11h00 Marie			
	Gofitness FLEX 11h15-11h45 Helen	Gofitness XTREM 11h30-12h00 Jennifer	Gofitness FLEX 11h00-11h30 Helen			
LesMills BODYPUMP 12h00-12h45 Jennifer		POWER CARDIO 12h00-12h30 Jennifer		LesMills BODYPUMP 12h00-13h00 Jennifer		
		Gofitness ZEN YOGA 12h30-13h00 Jennifer				
LesMills BODYPUMP 16h30-17h30 Gabrielle						
Gofitness XTREM 17h30-18h00 Gabrielle	Gofitness MUSCLES 17h15-17h45 Suzie	Gofitness STEP 17h30-18h00 Joanne	LesMills BODYPUMP 17h00-18h00 Nathalie			
ZUMBA 18h00-18h45 Suzie	Gofitness KICKBOXING 17h45-18h15 Suzie	LesMills CXWORX 18h00-18h35 Joanne				
LesMills BODYPUMP 18h45-19h30 Suzie	LesMills BODYPUMP 18h15-19h15 Nathalie	LesMills BODYPUMP 18h35-19h35 Joanne				
		LesMills BODYFLOW 19h35-20h35 Joanne				

MISE EN FORME Econofitness EXTRA