

# PLANNING

## LUNDI

SWISS BALL  
9 H 30 - 10 H

STRETCHING  
10 H - 10 H 30

HIIT TRAINING  
12 H 40 - 13 H 25

ACTI PUMP  
18 H - 19 H

IRON FORM  
18 H - 19 H

BIKING  
19 H - 19 H 45

IRON FORM  
19 H - 20 H

ZUMBA  
19 H - 20 H

## MARDI

BODY SCULPT  
9 H 30 - 10 H 30

PILATES  
10 H 30 - 11 H 30

CIRCUIT C.A.F  
18 H - 18 H 30

100 % ABDOS  
18 H 30 - 19 H

CROSS TRAINING  
19 H - 20 H

STEP  
19 H - 20 H

## MERCREDI

C.A.F  
9 H 30 - 10 H 30

ACTI PUMP  
18 H - 19 H

STRONG  
19 H - 19 H 45

CROSS TRAINING  
19 H - 19 H 45

100 % ABDOS  
19 H 45 - 20 H

STRETCHING  
19 H 45 - 20 H 15

## JEUDI

ACTI PUMP  
9 H 30 - 10 H 30

BODY SCULPT  
18 H - 18 H 45

URBAN CROSS  
18 H - 19 H

BIKING  
18 H 45 - 19 H 30

URBAN CROSS  
19 H - 20 H

BODY ZEN  
19 H 30 - 20 H 30

## VENDREDI

GYM TONIC  
9 H 30 - 10 H

STRETCHING  
10 H - 10 H 30

HIIT TRAINING  
12 H 30 - 13 H

RENFO TRAINING  
13 H - 13 H 30

C.A.F  
18 H - 18 H 30

ACTI ATTACK  
18 H 30 - 19 H 15

ZUMBA  
19 H 15 - 20 H 15

BIKING  
19 H 15 - 20 H 15

MMA  
20 H 15 - 21 H 15

## DIMANCHE

ACTI COMBAT  
10 H - 11 H

PILATES  
11 H - 12 H

STRETCHING  
12 H - 12 H 30

ACTIFORM