



**PLANNING FITNESS**  
 A partir du 3 septembre 2018  
 Période scolaire

**FORME & FITNESS**

	<b>LUN.</b>	<b>MAR.</b>	<b>MER.</b>	<b>JEU.</b>	<b>VEN.</b>	<b>SAM.</b>
9h30	FIT SLIM			FIT BALL	ABDOS/DOS	FIT PUMP
10h15	CROSSTRAINING	FIT'N'FORM		FIT'N'FORM	FIT BIKE	FIT BIKE
11h00	TRX	FIT ZEN		FIT PUMP		
11h45						
12h00		FIT BIKE				
12h45						
14h30			DANCE KIDS (6-10 ans)			
15h45			DANCE KIDS (11-14 ans)			
17h30	BODY ATTACK/ABDOS	FIT'N'FORM	ZUMBA	FIT BALL/FIT BIKE	FIT PUMP	
18h15	FULL TRAINING	FIT POWER	FIT SLIM	FIT DANCE	BODY ATTACK	
19h00	FIT STEP	FIT STEP	STRETCHING	FIT BOX		
19h45		FIT BIKE				
20H30						