

















PLANNING 2019/2020

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Matin	10h 	10h Piloxing® BARRE 		10h 	10h  Training Ball	10h Step
	10h45 20'/20' Cardio/renfo	10h45 Abdos/Stretching		10h45 Stretching	10h45 CAF	11h00 
Midi	12h45 Piloxing® BARRE 	12h45  Training Ball		12h45 Step	12h45 	
Soir	17h30 CAF	17h30 Total Body	17h30  Training Ball	17h30 CAF	18h Aéro Dance	
	18h20 Step	18h20 Cardio Training	18h20 Piloxing® SSP 	18h20 	18h50 Total Body	
	19h10 Piloxing® KNOCKOUT 	19h10 	19h10 (30-40') HIIT	19h10 Piloxing® BARRE 		

Planning établi sous réserve de modification
Cours assuré avec minimum 4 personnes