



## PLANNING FITNESS 2024/2025

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9h15			Dos / Abdos	Gym douce	
10h15	Body Sculpt	Circuit training	Renforcement et étirements		
10h15		Pilates			
10H30				Yoga	
11h					
11h	Stretching / relaxation				
11h15					
11h30					
18h30	Pilates Petits matériels		Balance fit		
19h				Pilates	
19h30					
19h30		Step	Box fit		
20h					
20h15	Body Sculpt & stretching				
20h15					
21h15					