

# PLANNING 2017/2018

LUNDI



09:30-10:15

C.A.F



10:15-10H45

CROSS TRAINING



12:30-13:15

LATINO DANCE



18:00-19:00

SIMPLY BARRES



19:00-19:45

STEP



19:45-20:00

STRETCHING

MARDI



09:30-10:00

GYM DOUCE



10:00-10:30

BODY SCULT



10:30-10:45

STRETCHING



12:30-13:15

CARDIO BOXE



18:00-18:45

C.A.F



18:45-19:45

LATINO DANCE



19:45-20:00

STRETCHING

MERCREDI

SIMPLY VIDEO

SIMPLY VIDEO



18:00-18:30

BODY SCULT



18:30-19:00

ABDOS FESSIERS



19:00-20:00

SIMPLY ATTACK

JEUDI



09:30-10:15

LATINO DANCE



10:15-10:30

STRETCHING



12:30-13:15

SIMPLY BARRES



18:00-19:00

SIMPLY BARRES



19:00-19:45

CARDIO BOXE



19:45-20:00

STRETCHING

VENDREDI



09:30-10:15

C.A.F



10:15-10:30

STRETCHING



12:30-13:15

CROSS TRAINING

SIMPLY VIDEO

SIMPLY VIDEO

**SAMEDI et DIMANCHE** : cours vidéo à la demande via la borne interactive  
SIMPLY VIDEO = cours vidéo à la demande, disponibles via la borne interactive.

Simplygym  
CONCEPT