Planning vacances Semaine 2 : 20 au 26 Février

LUNDI 20	MARDI 21	MERCREDI 22	JEUDI 23	VENDREDI 24	SAMEDI 25
9H15-10H LesMills RPM	9H15-10H LesMills BODYBALANCE	9H15-10H10 BODY SCULPT		9H30-10H10 ABDOS FESSIERS	9H15-10H LesMills BODYPUMP
10H15-10H50 ABDOS FESSIERS	10H15-11H LesMills BODYPUMP	10H15-10H45 STRETCHING	10H15-11H GYM DOUCE	10H15-11H10 LesMills BODYBALANCE	10H15-11H LesMills RPM
11H-11H45 LesMills tone	11H15-12H STRETCHING	11H-11H45 LesMills RPM	11H15-12H LesMills BODYATTACK	11H15-12H PILATES	11h30-12H45 YOGA
12H35-13H20 MOBILITÉ & SANTÉ		12H35-13H20 SMALL GROUP PERTE DE POIDS AFFINEMENT		12H35-13H10 LesMills RPM 30 MIN	
	16H30-17H45 YOGA	8/12 ans	17H-18H15 YOGA	17H15-18H PILATES	ESPACE FORM www.espace-form.fr
18H-18H20 ABDOS	18H-18H45 LesMills RPM	18H30-18H55 ABDOS FESSIERS	18H30–18H55 HIIT HIGH INTENSITY INTERVAL TRAINING	18H15–18H45 LesMills RPM CHALLENGE	www.espace-form.fr 02.51.32.96.96
18H30-19H20 LesMills BODYPUMP	19H-19H45 AERODANCE	19H-19H50 LesMills BODYPUMP	19H-19H45 LesMills RPM	19H–19H25 ABDOS	
19H30-20H30 LesMills BODYATTACK	19H45-20H30 BODY SCULPT	20H-20H45 LesMills BODYBALANCE	20H-20H45 LesMills BODYCOMBAT	19H30-20H15 LesMills BODYJAM	6H-23H ➤ Lundi -Vendredi 8H-22H ➤WE