



Planning Cours co été 17 juillet au 6 Août 2023

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H15-10H LES MILLS RPM	9H15-10H LES MILLS BODYBALANCE	9H15-10H BODY SCULPT	9H15-10H10 PILATES	9H30-10H10 ABDOS FESSIERS	9H15-10H LES MILLS BODYPUMP
10H15-10H50 ABDOS FESSIERS	10H15-11H LES MILLS BODYPUMP	10H15-11H LES MILLS BODYATTACK	10H15-11H GYM DOUCE	10H15-11H10 LES MILLS BODYBALANCE	10H15-11H LES MILLS RPM
11H-11H45 LES MILLS tone	11H15-12H STRETCHING	11H15-12H LES MILLS RPM	11H15-12H LES MILLS BODYPUMP	11H15-12H PILATES	11h30-12H45 YOGA
	12H35-13H20 PILATES	12H35-13H20 SMALL GROUP PERTE DE POIDS AFFINEMENT		12H35-13H10 LES MILLS RPM 30 MIN	
	16H30-17H45 YOGA		17H-18H15 YOGA	17H15-18H PILATES	ESPACE FORM www.espace-form.fr
18H-18H20 ABDOS	18H-18H45 LES MILLS RPM	18H30-18H55 ABDOS FESSIERS	18H30-19H15 LES MILLS RPM	18H15-18H45 LES MILLS RPM CHALLENGE	www.espace-form.fr 02.51.32.96.96
18H30-19H20 LES MILLS BODYPUMP	19H-19H20 ABDOS	19H-19H50 LES MILLS BODYPUMP	19H30-20H30 LES MILLS BODYCOMBAT	19H-19H25 ABDOS	 
19H30-20H30 LES MILLS BODYATTACK	19H30-20H15 BODY SCULPT	20H-20H45 STRETCHING		19H30-20H STRETCHING & RELAXATION À LA GUITARE	6H-23H ▶ Lundi -Vendredi 8H-22H ▶ WE