

# PLANNING #FFOD CUGNAUX

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
M A T I N	10:00 10:45 <b>CAF</b>	10:00 10:45 <b>PILATES</b>	10:00 10:45 <b>FULL GYM</b>	10:00 10:45 <b>STRETCHING</b>	10:00 10:45 <b>LES MILLS BODY BALANCE</b>	10:00 10:45 <b>FULL SCULPT</b>
						10:50 11:35 <b>FUNCTIONAL TRAINING</b>
M I D I	12:30 13:15 <b>FUNCTIONAL TRAINING</b>	12:30 13:15 <b>LES MILLS BODY PUMP</b>	12:30 13:15 <b>CAF</b>	12:30 13:15 <b>FULL SCULPT</b>	12:30 13:15 <b>LES MILLS BODY ATTACK</b>	
S O I R	18:00 18:45 <b>LES MILLS BODY PUMP</b>	18:00 18:45 <b>FUNCTIONAL TRAINING</b>	18:00 18:45 <b>LES MILLS BODY COMBAT</b>	18:00 18:45 <b>CAF</b>	18:00 18:45 <b>LES MILLS BODY PUMP</b>	
	18:50 19:35 <b>LES MILLS BODY ATTACK</b>	18:50 19:50 <b>ZUMBA</b> 	18:50 19:35 <b>CAF</b>	18:50 19:35 <b>PILATES</b>	18:50 19:35 <b>STRETCHING</b>	