

PLANNING #FFOD LA PLAINE

M
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LUNDI

10:00
10:45 **CAF**

MARDI

10:00
10:45 **PILATES**

MERCREDI

10:00
10:45 **FULL GYM**

JEUDI

10:00
10:45 **STRETCHING**

VENDREDI

10:00
10:45 **LES MILLS
BODY BALANCE**

SAMEDI

10:00
10:45 **FULL SCULPT**

10:50
11:35 **FUNCTIONAL
TRAINING**

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12:30
13:15 **FUNCTIONAL
TRAINING**

12:30
13:15 **LES MILLS
BODY PUMP**

12:30
13:15 **CAF**

12:30
13:15 **FULL SCULPT**

12:30
13:15 **LES MILLS
BODY ATTACK**

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18:00
18:45 **LES MILLS
BODY PUMP**

18:00
18:45 **FUNCTIONAL
TRAINING**

18:00
18:45 **LES MILLS
BODY COMBAT**

18:00
18:45 **CAF**

18:00
18:45 **LES MILLS
BODY PUMP**

18:50
19:35 **LES MILLS
BODY ATTACK**

18:50
19:50 **ZUMBA** 

18:50
19:35 **CAF**

18:50
19:35 **PILATES**

18:50
19:35 **STRETCHING**