

**PLANNING COURS COLLECTIFS**

**GYM ADDICT**

HEURE	Lundi 8h-21h	Mardi 8h-21h	Mercredi 8h-21h	Jeudi 8h-21h	Vendredi 8h-21h	Samedi 9h-14h	Dimanche 9h-13h
09:15	CROSS TRAINING Olac	FLOW BALANCE Nathalie	CAF Jonathan		TOTAL BODY Nathalie	FLOW BALANCE Valérie	<b>RPM VIDEO</b>
09:45				FLOW BALANCE Valérie		<b>RPM VIDEO</b>	
10:30		VELO BIKING Nathalie			FLOW BALANCE Nathalie		
12:30	CREADIAZ® CARDIO Jonathan	TOTAL BODY Nathalie	BODY BARRE Alexandra	CROSS TRAINING Olac	VELO BIKING Nathalie	<b>RPM VIDEO</b>	
17:30	CAF Alexandra	PILATES Nathalie	CAF Jonathan	BODY BARRE Léa	PILATES Alexandre		
18:30	VELO BIKING Alexandra	BODY BARRE Nathalie	VELO BIKING Jonathan	CARDIO BOXE Léa	ZUMBA Jonathan		
19:30	DANSE Alexandra	VELO BIKING Nathalie					