



Planning cours collectif avec coach

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h30/10h15	Powerbarre <i>Alice</i>			Pilat'Yoga <i>Alice</i>	
10h15/11h00	Pilat'Yoga <i>Alice</i>			Cardio-training <i>Alice</i>	Pilat'Yoga <i>Alice</i>
12h30/13h15	C.A.F <i>Alice</i>		Bodysculpt <i>Alicia</i>		Powerbarre <i>Alice</i>
17h45/18h30					Cardio-Hiit <i>Alicia</i>
18h30/19h15	STEP <i>Alice</i>	Pilat'Yoga <i>Alice</i>	Powerbarre <i>Alice</i>	AïkIDO <i>Laurent</i>	C.A.F <i>Alicia</i>
19h15/20h00	Pilat'Yoga <i>Alice</i>	Megadanz <i>Alice</i>	Pilat'Yoga <i>Alice</i>	AïkIDO <i>Laurent</i>	