



PLANNING FITNESS M.A.D. du 16/09/19 au 26/06/20

LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
PILATES 9H 10H SARAH	YOGA VINYASA 9H15 10H15 MARGAUX		FIT BARRE 9H 10H SARAH			ABDOS FESSIERS 9h - 10h SARAH			YOGA VINYASA 9H 10H CLAIRE	PILATES 9H30 10H30 MIA	POLE DANCE 9H15 10H15 MARGAUX						PILATES 9H15 10H15 SARAH
	STRETCHING 10H15 11H15 VIRGINIE								FLYING YOGA 10H30 11H30 MARGAUX								YOGA VINYASA 10H15 11H15 SARAH
ABDOS FESSIERS 12H30 13H30 SARAH	YOGA VINYASA 12H30 13H30 CLAIRE	POLE FLOW 12H30 13H30 MARGAUX	PILATES 12H30 13H30 MIA	CARDIO BOXING 12H30 13H30 SARAH		ABDOS FESSIERS 12H30 13H30 SARAH	YOGA VINYASA 12H30 13H30 CLAIRE		FIT BARRE 12H30 13H30 SARAH	YOGA VINYASA 12H30 13H30 MARGAUX		FLYING YOGA 12H30 13H30 MARGAUX	ABDOS FESSIERS 12H30 13H30 SARAH				YOGA KIDS 6ans+ 11H 11H45 SARAH
		ABDOS FESSIERS 18H30 19H30 SARAH		ABDO BOXING 18H30 19H30 SARAH			PILATES 18H30 19H30 MIA			ABDOS FESSIERS 18H30 19H30 SARAH							
	PILATES 19H30 20H30 SARAH	DANSE SUR TALONS 19H30 20H30 DESLAVA	YOGA 19H45 20H45 MIA		POLE DANCE 19H15 20H15 MARGAUX		ZUMBA 19H30 20H30 O'NEAL			YOGA 19H30 20H30 SARAH							
			ZUMBA 20H45 21H45 O'NEAL		POLE DANCE 20H15 21H15 MARGAUX												

Version du 28/01/2020