

Planning des cours collectifs

Blagnac

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
	ABDOS et FESSIERS	FIGHT et RENFO	GYM DOUCE et POSTURE	CARDIO DANSE	FIGHT et RENFO
12h15	Abdos	Boxing Fight	Pilates	Step	Boxing Renfo
12h45	Fessiers	Boxing Renfo	Stretching	Zumba	Boxing Fight
17h15	Abdos	Boxing Fight	Pilates	Step	
18h15	Fessiers	Boxing Fight	Pilates	Zumba	
19h15	Abdos et Fessiers	Boxing Renfo	Stretching	Fit Jump	

Boxing Fight ↘ dominante cardio
 Boxing Renfo ↘ dominante renforcement musculaire