

Planning des cours collectifs

Labège

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
	ABDOS et FESSIERS	FIGHT et RENFO GYM DOUCE et POSTURE	CARDIO DANSE	FIGHT et RENFO	GYM DOUCE et POSTURE
12h15	Abdos	Boxing Fight	Step	Boxing Fight	Pilates
12h45	Fessiers	Boxing Renfo	Zumba	Boxing Renfo	Stretching
17h15	17h30 Abdos	Pilates	17h30 Step	Boxing Fight	
18h15	Fessiers	Pilates	Zumba	Boxing Fight	
19h15	Abdos et Fessiers	Stretching	Fit Jump	Boxing Renfo	

Boxing Fight ◻ dominante cardio
 Boxing Renfo ◻ dominante renforcement musculaire