

# Planning des cours collectifs

Capitole

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
12h15	ABDOS et FESSIERS	CARDIO DANSE	FIGHT et RENFO	GYM DOUCE et POSTURE	FIGHT et RENFO CARDIO DANSE	ABDOS et FESSIERS ABDOS et FESSIERS
12h45	Abdos	Fit Jump	Boxing Fight	Pilates	Boxing Renfo	10h Abdos et Fessiers
	Fessiers	Zumba	Boxing Renfo	Stretching	Boxing Fight	11h Zumba
17h15	Abdos		Boxing Fight	Pilates	17h30 Zumba	
18h15	Fessiers	18h Step	Boxing Fight	Pilates	18h30 Fit Jump	
19h15	Abdos et Fessiers	Zumba	Boxing Renfo	Stretching		

Boxing Fight ◻ dominante cardio  
 Boxing Renfo ◻ dominante renforcement musculaire