

# LADY CONCEPT CAPITOLE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h00						Coachs plateau
10h30						Abdos-fessiers 45'
11h15						Zumba 45'
12h15	Abdos 30'	Fit Jump 30'	Boxing fight 30'	Pilates 30'	100% tonic 30'	
12h45	Fessiers 30'	Zumba 30'	100% Tonic 30'	Stretching 30'	Boxing fight 30'	
16h45	Coachs plateau	Coachs plateau	Coachs plateau	Coachs plateau		
17h30	Abdos 45'	Fit Jump 45'	Boxing fight 45'	Pilates 45'	100% Tonic 45'	
18h15	Fessiers 45'	Step 45'	100% Tonic 45'	Yoga 45'	Zumba 45'	
19h00	Coachs plateau	Coachs plateau	Coachs plateau	Coachs plateau	Coachs plateau	
19h30	100% Tonic 30'	Zumba 30'	Boxing fight 30'	Stretching 30'		

- Cours CARDIO
- Cours RENIFO
- Cours ZEN



\*Planning non contractuel, soumis à modification