

# LADY CONCEPT CAPITOLE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30		100% Tonic 45'		Abdos-Fessiers 45'		
10h15		Pilates 30'		Yoga 30'		10h00 Abdos-Fessiers 30'
						10h30 Zumba 45'
						11h15 Pilates-Stretch 45'
12h00	Abdos 30'	Fit Jump 30'	Step (avancé) 45'	100% tonic 30'	12h00 Pilates 30'	
12h30	Fessiers 30'	100% Tonic 30'	Fit Jump 30'	Zumba 30'	12h45 Boxing fight 30'	
13h00	Boxing fight 30'	Yoga 30'	Abdos-Fessiers 30'	Pilates 30'	13h00 Step (deb/inter) 30'	
17h00	Boxing fight 30'	100% tonic 30'	Step (deb/inter) 30'	Abdos-Fessiers 30'	17h00 Zumba 45'	
17h30	Abdos 45'	Fit Jump 45'	Pilates 45'	Boxing fight 45'	17h45 Fit Jump 45'	
18h15	Fessiers 45'	Step (avancé) 45'	Boxing fight 45'	100% Tonic 45'	18h30 Yoga-Stretch 30'	
19h00	Pilates 30'	Abdos-Fessiers 30'	Stretch 30'	Step (deb/inter) 30'		
19h30	100% Tonic 30'	Zumba 30'	Abdos-Fessiers 30'	Yoga 30'		

- Cours CARDIO
- Cours RENFO
- Cours ZEN

\*Planning non contractuel, soumis à modification