

PLANNING DES COURS COLLECTIF

AKSBI

7J/7 DE 9:00 À 22:00



COMPLEXE EL MERJA PRÈS DE TROPICANA PARC DES OISEAUX, 30000 FÈS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:00 10:00	C.TRAINNING	S.ABDOS	FAT.BURNER	S.DOS	YOGA		R.MUSCULAIRE
10:00 11:00	SPINNING	HIIT			FAT.BURNER	C.TRAINNING	YOGA
11:00 12:00	B.SCULPT	T.A.F	B.SCULPT	BOXING	B.PUMP	BOXING	B.PUMP
12:00 13:00	STRETCHING	SPECIAL FESSIER			RPM	T.A.F	C.TRAINNING
15:00 16:00	FAT.BURNER	T.A.F	SPECIAL FESSIER	C.A.F	T.B.C	S.CUISSE	T.A.F
16:00 17:00	C.A.F	B.SCULPT	TAE BO	B.SCULPT	PILATES	BOOT CAMP	B.PUMP
17:00 18:00	T.B.C	HIIT	SPINNING BOOT CAMP	SPINNING	T.A.F	B.COMBAT	S.ABDOS
18:00 19:00	RPM	BOOT CAMP	GRIT PLYO	TABATA	GRIT PLYO	B.PUMP	GRIT CARDIO
19:00 20:00	B.ATTACK	SPINNING B.COMBAT	RPM B.PUMP	RPM B.PUMP	B.ATTACK	SPINNING HIP HOP	RPM
20:00 21:00	B.PUMP	TABATA	B.ATTACK	B.COMBAT	SPINNING	STRETCHING	TABATA
21:00 22:00	YOGA	STRETCHING	AFRO DANCE	SPINNING PILATES	S.ABDOS	PILATES	STRETCHING