

**P  
L  
A  
N  
N  
I  
N  
G**

|  | Lundi                      | Mardi                   | Mercredi                  | Jeudi                    | Vendredi                    | Samedi                                 |
|--|----------------------------|-------------------------|---------------------------|--------------------------|-----------------------------|--|
|  | 9H30 30'<br>ABDOS FESSIERS | 9H30 45'<br>BODY BARRE  | 9H30 30'<br>SPÉCIAL DOS   | 9H30 45'<br>PILATES      | 9H30 45'<br>BODY BARRE      | 9H30 45'<br>CUISSSES ABDOS<br>FESSIERS |
|  | 10H 30'<br>BODY SCULPT     | 10H15 30'<br>CARDIO-FIT | 10H 30'<br>ABDOS FESSIERS | 10H15 30'<br>BODY SCULPT | 10H15 30'<br>ABDOS FESSIERS | 10H15 45'<br>BODY BARRE                |
|  | 10H30 30'<br>MOBILITY      | 10H45 45'<br>PILATES    | 10H30 30'<br>BODY SCULPT  | 10H45 45'<br>BODY ZEN    | 10H45 STRETCH 15'           |  |
|  | 11H 30'<br>STRETCH         |                         | 11H 30'<br>STRETCH        |                          | 11H 30'<br>SPÉCIAL DOS      | 11H 30'<br>STRETCH                     |

|  |                         |   |                         |                         |   |  |
|--|-------------------------|---|-------------------------|-------------------------|---|--|
|  | 18H30 45'<br>STEP       | 18H30 45'<br>TOTAL BODY                 | 18H30 45'<br>BODY BARRE | 18H30 45'<br>ZUMBA      | 18H30 45'<br>CUISSSES ABDOS<br>FESSIERS |  |
|  | 19H15 45'<br>BODY BARRE | 19H15 45'<br>CUISSSES ABDOS<br>FESSIERS | 19H15 45'<br>CARDIO-FIT | 19H15 45'<br>TOTAL BODY | 19H15 45'<br>TOTAL BODY                 |  |

**S U M M E R 2 0 2 1**