

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Planning Pilates

10h15-10h45 Chi-Pilates	9h15-9h45 Levet du Soleil			10h00-10h45 Swiss-Ball	9h15-9h45 Chi-Pilates
12h30-13h15 Chi-Pilates					
18h30-19h15 Swiss-Ball		18h45-19h30 Chi-Pilates		18h00-18h30 Swiss-Ball	

Planning Spinning

	9h45-10h15 SPINNING		
	12h30-13h00 SPINNING		
		19h15-20h00 SPINNING	18h00-18h30 SPINNING



Planning Small-Group-Training

				8h00-9h00 RUNNING
SUR RESERVATION				
	19h30-20h00 GRIT SERIES	19h30-20h00 STRAP BAND	19h30-20h00 GRIT SERIES	