

avril 2018

Planning FITNESS

Salle GALLIENI

| N° Sem | Séance | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | | | | | |
|--------|--------|-------|----------------|----------|------------------------|---------|----------------|----|---------------------|----|---------------|
| 14 | Matin | 2 | | 3 | ELASTO-GYM | 4 | MATIN EN FORME | 5 | GYM DOUCE | 6 | |
| | Midi | | | | | | | | | | SCULPT & STEP |
| | Soir | | | | FAC | | | | BED | | |
| 15 | Matin | 9 | MATIN EN FORME | 10 | BED | 11 | MATIN EN FORME | 12 | ABDOS FESSIERS | 13 | |
| | Midi | | TOTAL GYM | | | | | | | | GYM BALL |
| | Soir | | | | STEP n' CIRCUIT SCULPT | | | | STRETCH | | |
| 16 | Matin | 16 | MATIN EN FORME | 17 | TOTAL GYM | 18 | MATIN EN FORME | 19 | SCULPT & STRETCH | 20 | |
| | Midi | | CROSS TRAINING | | | | | | | | STRETCH |
| | Soir | | | | PUSH & LIFT | | | | MARATHON SAINT ROCH | | |
| 17 | Matin | 23 | MATIN EN FORME | 24 | SCULPT & STEP | 25 | MATIN EN FORME | 26 | GYM BALL | 27 | |
| | Midi | | TAF | | | | | | | | BED |
| | Soir | | | | TOTAL GYM | | | | ELASTO GYM | | |

