

2013/2014

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
TOTAL PUMP 9H30-10H15	STEP/RENFO/STRETCH 9H30-10H45	CUISSES ABDOS FESSIERS 9H30-10H15	CUISSES ABDOS FESSIERS 9H30-10H15	BIKING 09H30-10H15	CULTURE PHYSIQUE 10H-10H45
BIKING 10H30-11H15		BIKING 10H30-11H15	TOTAL BALANCE 10H15-11H	CULTURE PHYSIQUE 10H30-11H15	STRETCH 10h45-11h15
CUISSES ABDOS FESSIERS 12H15-13H	BIKING 12H15-13H15	TOTAL BALANCE 12H15-13H	TOTAL PUMP 12H15-13H15	BIKING 12H15-13H15	
TOTAL PUMP 17H30-18h15	TOTAL GAINAGE 17H30-18H	CUISSES ABDOS FESSIERS 17H30-18H15	TOTAL MINCEUR 17H30-18H15	BIKING 17H30-18H15	
BIKING 18H30-19H15	STEP INTER 18H-18H45	18H15-19H 	AERO 18H15-19H	TOTAL PUMP 18H30-19H15	
TOTAL BALANCE 19H15-20H	BIKING 19H-19H45	STRECH 19H-19H30	BIKING 19H15-20H	STEP DEBUTANT 19H15-20H	

