



PLANNING

DU 1^{ER}/08 AU 27/08



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
PERMANENCE CARDIO MUSCU	9h30 30' RENFO TRAINING	PERMANENCE CARDIO MUSCU	9h30 30' BIKING	PERMANENCE CARDIO MUSCU	10H00 45' COURS SURPRISE
	10H00 30' CARDIO TRAINING		10H00 30' PILATES		10h45 45' SLIM TRAINING
	10H30 30' MOBILITÉ ÉTIREMENT		10H30 30' MOBILITÉ ÉTIREMENT		
	12H30 45' PILATES		12h30 45' SLIM TRAINING		
17h45 30' SLIM TRAINING	17H45 30' RENFO TRAINING	17H45 30' CARDIO TRAINING	17H45 30' PILATES	17H45 30' BIKING	INSCRIPTION AUX COURS SUR L'APPLI CLUB CONNECT HORAIRES AVEC PRÉSENCE DE COACH SPORTIF DU LUND. AU VEND. 9H30 - 20H00 SAMEDI 9H30 - 12H30 LIBRE ACCÈS 7 JOURS/7 6H/23H
18h15 45' CROSS TRAINING	18h15 45' H B X BOXING	18h15 45' BIKING	18h15 45' CROSS TRAINING	18h15 45' RENFO TRAINING	
19H00 30' BIKING	19H00 30' CROSS TRAINING	19h00 30' SLIM TRAINING	19h00 30' H B X BOXING	19H00 30' MOBILITÉ ÉTIREMENT	