



PLANNING DES COURS COLLECTIFS *Live*



JE SUIS FITNESS



MATIN

SOIREE

Connexion sur TEAMS

Connexion sur TEAMS

LUNDI

PIERRE	Culture Physique	10h00-10h45	DAVID	Body Sculpt	17h30-18h15
PIERRE	Yoga	10h45-11h30	DAVID	Hiit	18h15-19h00
			MEHDI	TAB	19h00-19h45
			MEHDI	Stretch	19h45-20h30

MARDI

CATHY	Culture Physique	10h00-10h45	MARISA	Yoga	17h30-18h15
CATHY	Pilates	10h45-11h30	MARISA	Body Sculpt	18h15-19h00
			MARISA	Body Attack	19h00-19h45

MERCREDI

PIERRE	Culture Physique	10h00-10h45	CATHY	CAF	17h30-18h15
PIERRE	Yoga	10h45-11h30	CATHY	Pilates	18h15-19h00
			MAX	TAB	19h00-19h45
			MAX	Body Combat	19h45-20h30

JEUDI

CATHY	Culture Physique	10h00-10h45	CLEMENT	Body Sculpt	17h30-18h15
CATHY	Pilates	10h45-11h30	CLEMENT	CAF	18h15-18h45
			CLEMENT	Body Attack	18h45-19h30
			CLEMENT	Stretch	19h30-20h00

VENDREDI

MARISA	Culture Physique	10h00-10h45	MAX	Body Sculpt	17h30-18h15
MARISA	Yoga	10h45-11h30	MAX	Body Combat	18h15-19h00
			MAX	Stretch	19h00-19h45

SAMEDI

CLEMENT	Culture Physique	10h00-10h45
CLEMENT	Body Attack	10h45-11h30

DIMANCHE

WIDLY	Culture Physique	10h00-10h45
WIDLY	Body Combat	10h45-11h30

Téléchargez l'application :



sur votre téléphone, tablette ou pc