

# PLANNING COURS COLLECTIFS NEONESS - FONTENAY SOUS BOIS

Lundi 07:00	Mardi 07:00	Mercredi 07:00	Jeudi 07:00	Vendredi 07:00	Samedi	Dimanche
					09:00	09:00
09:30 Body Sculpt	09:30 Abdo Fessier	09:30 Body Sculpt	09:30 Abdo Fessier	09:30 Cuisse Abdo Fessier		
10:15 Stretching	10:00 Body Balance	10:15 Stretching	10:00 Body Pump	10:15 Body Sculpt	10:30 Body Pump	
11:00	11:00	11:00	11:00	11:00	11:30 Step	
12:15 Body Combat	12:15 Abdo Fessier	12:15 Body Attack	12:15 Abdo Fessier	12:15 Body Sculpt	12:30 Sh'Bam	
13:00 Abdo Fessier	12:45 Body Pump	13:00 Abdo Fessier	12:45 Body Balance	13:00 Abdo Fessier	13:15	
13:30	13:30	13:30	13:30	13:30		17:00
18:00 Abdo Fessier	18:15 Body Pump	18:15 Abdo Fessier	18:15 Step	18:00 Body Pump	19:00	
18:30 Body Attack	19:00 Step débutant	18:45 Sh'Bam	19:00 Body Attack	19:00 Zumba		
19:30 Body Pump	19:30 Body Balance	19:30 L.I.A.	20:00 Body Sculpt	19:45 Cuisse Abdo Fessier		
20:30 Body Combat	20:15 Zumba	20:15 Stretching	20:45	20:30		
21:15	21:00	20:45				
22:00	22:00	22:00	22:00	22:00		

Abdo Fessier Cuisse Abdo Fessier Body Pump Body Sculpt	<b>Renforcement musculaire</b>
Body attack L.I.A. Step Zumba Body Combat Sh'Bam	<b>Cardio-training</b>
Body Balance Stretching	<b>Assouplissement Relaxation</b>

