

PLANNING PREVISIONNEL DES COURS NEONESS - PARIS 15

Lundi 07:00	Mardi 07:00	Mercredi 07:00	Jeudi 07:00	Vendredi 07:00	Samedi 09:00	Dimanche 09:00
09:30 Body Sculpt	09:30 Abdo Fessier	09:30 Culture Physique	09:30 Abdo Fessier	10:00 Cuisse Abdo Fessier	10:30 Body Pump	
10:15 Stretching	10:00 Body Pump	10:15 Stretching	10:00 Body Balance	10:45 Step Niveau I	11:30 Zumba	
11:00	11:00 Zumba	11:00	11:00	11:30	12:15 Body Combat	
	11:45				13:15 Body Combat	
12:15 Body Combat	12:15 Body Pump	12:15 Abdo Fessier	12:15 Body Attack	12:15 Culture Physique		
13:00 Abdo Fessier	13:00 Zumba	13:00 Body Balance	12:45 Abdo Fessier	13:00 Step Niveau I		
13:30	13:45	13:30	13:30	13:45		
						17:00
18:00 Abdo Fessier	18:15 Body Pump	18:00 Stretching	18:15 Step Niveau I	18:00 Body Pump	19:00	
18:30 Body Attack	19:15 Body Balance	18:45 Abdo Fessier	19:00 Body Combat	19:00 Body Attack		
19:30 Body Pump	20:15 Step Niveau II	19:15 Zumba	20:00 Cuisse Abdo Fessier	20:00 Stretching		
20:30 Zumba	21:00	20:00 Body Sculpt	20:45	20:45		
21:15		20:45				
22:00	22:00	22:00	22:00	22:00		

Abdo Fessier Cuisse Abdo Fessier Body Pump Body Sculpt Culture Physique	Renforcement musculaire
Body attack Step Zumba Body Combat	Cardio-training
Body Balance Stretching	Assouplissement Relaxation



