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PLANNING SEPTEMBRE 2019

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h15	 BODYSCULPT	 PILATES	  LESMILLS BODYATTACK	 BIKE	 BODYSCULPT	 BIKE
10h00	 STRETCHING 45'	 CUISSSES ABDOS-FESSIERS	  LESMILLS BODYPUMP	 BODYSCULPT	 PILATES	  LESMILLS BODYPUMP
11h00	 CUISSSES ABDOS-FESSIERS	  LESMILLS BODYBALANCE	 STRETCHING 45'	 STRETCHING 45'	 BIKE	  LESMILLS BODYBALANCE
12h30	  LESMILLS BODYPUMP	 BIKE	 ABDOS FESSIERS 30' STRECH 30'	 CROSS TRAINING	  LESMILLS BODYATTACK	  LESMILLS BODYBALANCE
17h30	 BODYSCULPT	  LESMILLS BODYATTACK	 BIKE	  LESMILLS BODYPUMP	 CUISSSES ABDOS-FESSIERS	
18h30	 BIKE	 CUISSSES ABDOS-FESSIERS	  LESMILLS BODYPUMP	  LESMILLS BODYATTACK	 CROSS TRAINING	
19h30	 CARDIO DANCE	 BIKE	  LESMILLS BODYBALANCE	 STRETCHING 45'	 STRETCHING 45'	

 SOUPLESSE

 **CARDIO**

 **FORCE**

OUVERTURE : Du lundi au vendredi de 8h30 à 21h00 / Le samedi de 9h à 13h

RENSEIGNEMENTS : 04 92 29 46 56 www.nice.fr



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