

PLANNING DES COURS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H00 - 11H00	LADIES Mathilde NEW	LADIES Mathilde	LADIES Mathilde				RUNNING CLUB Yourih NEW
11H00 - 12H00						BURNING Yourih	
12H00 - 13H00							HYROX Yourih
12H30 - 13H30	PILATES Mathilde	PILATES Mathilde	HYROX Dorian	BURNING Dorian	BURNING Dorian		
18H00 - 19H00	LADIES Mathilde	LADIES Mathilde	PILATES Mathilde NEW	BURNING Dorian	HYROX Dorian		
19H00 - 20H00	HYROX Mathilde	PILATES Mathilde	HYROX Dorian	BODY BARRE Lolita	BURNING Dorian		
20H00 - 21H00	BURNING Yourih	HYROX Yourih	BURNING Dorian	DANSE Lolita	HYROX Dorian		