PLANNING FITNESS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche	
8h			Baby tennis					8h
9h		Adjia Streching postural				Kim Hatha Yoga		9h
10				Nataliia Pilates tous niveaux		Kim Yoga vinyasa	Nataliia Renforcement musculaire	10h
11h						Nataliia Pilates tous niveaux	Nataliia Cuisses-Abdos-Fessiers	11h
12h								12h
13h	Stephanie Yoga Vinyasa			Kim Hatha Yoga				13h
14h								14h
15h								15h
16h								16h
17h	Baby tennis	Baby tennis			Baby tennis			17h
18h			Sandra Circuit training/HIIT	Stephanie Renforcement spécial yoga				18h
19h			Sandra Pilates (niveau Debutant)	Stephanie Yoga Vinyasa	Sandra Cuisses-Abdos-Fessiers			19h
20h	Sandra Bdy sculpt/Renforcement musculaire	Nataliia Renfo musculaire	Kim Hatha Yoga	Sandra Circuit training/HIIT	Sandra Bdy sculpt/Renforcement musculaire			20h
21h	Sandra Pilates (niveau Debutant)	Nataliia Pilates (niveau confirmé)			Sandra Streching			21h
22h								22h