

PLANNING COURS COLLECTIFS 2022

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15	Pilates	Mixte-Training		FAC	Mobility	
9h30			Pilates	Pilates	Mixte-Training	
10h00						Mixte-Training
10h15	Pilates					
12h30	Mixte-Training	Pilates	Mixte-Training	Mobility	Mixte-Training	
18h15			Muscle Up		Mixte-Training	
18h30	Cross Training	Cross Training	Pilates	Sweet-Training		
19h00	Pilates					
19h30			Pilates			