

PLANNING FITNESS VIDÉO

THIERS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10 ^H 00					▶ Hiit
11 ^H 00	▶ LES MILLS SH'BAM	▶ LES MILLS BODYPUMP	▶ Hiit		▶ STRETCH
14 ^H 00	▶ AFC	▶ LES MILLS SH'BAM	▶ Hiit	▶ STEP	▶ LES MILLS BODYBALANCE
15 ^H 00	▶ LES MILLS BODYBALANCE	▶ STEP	▶ LES MILLS BODYPUMP	▶ Hiit	▶ LES MILLS SH'BAM
16 ^H 00	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYCOMBAT	▶ LES MILLS SH'BAM	▶ LES MILLS BODYBALANCE	▶ LES MILLS BODYPUMP
17 ^H 00	▶ STEP		▶ STRETCH		▶ ABDO FLASH
18 ^H 00	▶ Hiit				