

# PLANNING 2023

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
12H30 <b>ABDOS FESSIERS</b>	12H30 <b>LES MILLS GRIT</b>	12H30 <b>ZUMBA<sup>®</sup> fitness</b>	12H30 <b>SPINNING.</b>	12H30 <b>LES MILLS BODYPUMP</b>	10H30 <b>ZUMBA<sup>®</sup> fitness</b>
18H <b>SPINNING.</b>	19H15 <b>CIRCUIT TRAINING</b>	18H30 <b>YOGA</b>	<b>NEW</b> 17H20 <b>HULA HOOP</b>	19H <b>FUNCTIONAL TRAINING</b>	
19H <b>LES MILLS BODYPUMP</b>		19H15 <b>LES MILLS GRIT</b>	18H00 <b>ZUMBA<sup>®</sup> fitness</b>		
			18H45 <b>PILATES</b>		