

# PLANNING FITNESS



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30	Body Power	FACT STRETCH	Body Sculpt	F A C T	C T A C	
10h30	F A C T	Pilates	STRETCH	Body Sculpt	Body Power	
12h30	BODY ATTACK	T B C	Body Power	F A C T	STEP	
17h30	BODY ATTACK	Body Sculpt	F A C T	Body Power	STEP	
18h30	Body Power	STEP	L I A	BODY ATTACK	F A C T	
19h30	F A C T	C T A C	STRETCH	Pilates	Body Sculpt	



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h00	F A C T	Body Sculpt	Gym Entretien	Body Power	F A C T	
10h00	STRETCH	Body Power		F A C T	Body Balance	10h30 F A C T
12h30		F A C T		Body Power	SH'BAM	11h30
14h00	Body Sculpt	Pilates <small>Body Balance à compter du 01/10</small>	F A C T		Pilates	
17h30	L I A	F A C T	STEP		SH'BAM	
18h30	F A C T	Body Power	F A C T	Body Sculpt		
19h30	SH'BAM		Body Balance	F A C T	Pilates	



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9h00	F A C T	T B C	Body Sculpt	STEP		
10h00	STRETCH		SH'BAM	Pilates <small>Body balance à compter du 01/10</small>	C T A C	10h30 F A C T
12h30	Body Sculpt	Bike		F A C T		12h30
14h00	Pilates	F A C T	Circuit Training	Pilates	Body Sculpt	
17h30	F A C T	STEP	Bike		L I A	
18h30		F A C T	Power Attack	SH'BAM	Bike	
19h30		Pilates <small>Body balance à compter du 01/10</small>	F A C T	Stretch	Body Sculpt	