

ladymoving PLANNING

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30	9H00 CIRCUIT FESSIERS SILHOUETTE MINCEUR BUSTE		9H00 100% STRETCHING PILATES STRETCHING PILATES		9H00 CIRCUIT BUSTE FESSIERS SILHOUETTE MINCEUR	9H15 100% FULL BODY
11H00	CIRCUIT FESSIERS SILHOUETTE MINCEUR BUSTE		CIRCUIT MINCEUR BUSTE FESSIERS SILHOUETTE		CIRCUIT BUSTE FESSIERS SILHOUETTE MINCEUR	10H30 CIRCUIT MINCEUR BUSTE FESSIERS SILHOUETTE
12H30	100% ABDOS FESSIERS ABDOS FESSIERS	12H00 CIRCUIT SILHOUETTE MINCEUR BUSTE FESSIERS	100% FULL BODY	12H00 CIRCUIT BUSTE FESSIERS SILHOUETTE MINCEUR	100% STRETCHING PILATES STRETCHING PILATES	11H45
13H00	100% PILATES STRETCHING PILATES STRETCHING	CIRCUIT SILHOUETTE MINCEUR BUSTE FESSIERS	100% STRETCHING PILATES STRETCHING PILATES	CIRCUIT BUSTE FESSIERS SILHOUETTE MINCEUR	100% FESSIERS ABDOS FESSIERS ABDOS	13H00
16H15	CIRCUIT FESSIERS SILHOUETTE MINCEUR BUSTE	CIRCUIT SILHOUETTE MINCEUR BUSTE FESSIERS	CIRCUIT MINCEUR BUSTE FESSIERS SILHOUETTE	100% PILATES STRETCHING PILATES STRETCHING	CIRCUIT BUSTE FESSIERS SILHOUETTE MINCEUR	15H30 100% LADY PUNCHY ZUMBA LADY PUNCHY ZUMBA
17H15	CIRCUIT FESSIERS SILHOUETTE MINCEUR BUSTE	CIRCUIT SILHOUETTE MINCEUR BUSTE FESSIERS	CIRCUIT MINCEUR BUSTE FESSIERS SILHOUETTE	CIRCUIT BUSTE FESSIERS SILHOUETTE MINCEUR	100% STRETCHING PILATES STRETCHING PILATES	16H30 CIRCUIT MINCEUR BUSTE FESSIERS SILHOUETTE
18H15	100% PILATES STRETCHING PILATES STRETCHING	100% PILATES STRETCHING PILATES STRETCHING	CIRCUIT MINCEUR BUSTE FESSIERS SILHOUETTE	CIRCUIT BUSTE FESSIERS SILHOUETTE MINCEUR	CIRCUIT BUSTE FESSIERS SILHOUETTE MINCEUR	17H30 100% PILATES STRETCHING PILATES STRETCHING
18H45	CIRCUIT FESSIERS SILHOUETTE MINCEUR BUSTE	CIRCUIT SILHOUETTE MINCEUR BUSTE FESSIERS	CIRCUIT MINCEUR BUSTE FESSIERS SILHOUETTE	CIRCUIT BUSTE FESSIERS SILHOUETTE MINCEUR	19H00	18H30
19H15	CIRCUIT FESSIERS SILHOUETTE MINCEUR BUSTE	CIRCUIT SILHOUETTE MINCEUR BUSTE FESSIERS	100% ZUMBA LADY PUNCHY ZUMBA LADY PUNCHY	100% LADY PUNCHY CROSS TRAINING LADY PUNCHY CROSS TRAINING		
20H15	20H00	CIRCUIT SILHOUETTE MINCEUR BUSTE FESSIERS	20H00	100% PILATES STRETCHING PILATES STRETCHING		
		21H00		21H00		

ORGANISATION DES CIRCUITS

CIRCUIT | semaine 1
 semaine 2
 semaine 3
 semaine 4