

































BEAULIEU^S/MER

39 BD MARECHAL JOFFRE

04 83 39 16 20

LE PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09 ^H	 BODY SCULPT ^{1^h}	 SWISS BALL ^{1^h}	 BODY BARRE ^{1^h}	 OXYGENE ^{1^h}	 C.A.F ^{1^h}	 BODY BARRE ^{1^h}
10 ^H	 STRETCHING ^{1^h}	 C.A.F ^{1^h}	 OXYGENE ^{1^h}	 BODY SCULPT ^{1^h}	 PILATES ^{1^h}	 STRETCHING ^{1^h}
12 ^H 30	 CARDIO BOXING ^{1^h}	 BIKE ^{1^h}		 CARDIO ATTACK ^{30^{MIN}}  CORE TRAINING	 BODY BARRE ^{1^h}	
17 ^H 45	 CORE TRAINING ^{30[']}	 ABDOS FESSIERS ^{30[']}	 CARDIO BOXING ^{30[']}	 ABDOS FESSIERS ^{30[']}	 TABATA ^{30[']}	
18 ^H 15	 BODY BARRE ^{1^h}	 CARDIO ATTACK ^{1^h}	 CROSS TRAINING ^{1^h}	 BODY SCULPT ^{1^h}		
19 ^H 15	 OXYGENE ^{45[']}	 STRETCHING ^{45[']}	 BIKE ^{45[']}	 STEP ^{45[']}		

PLANNING NON CONTRACTUEL
A TITRE INDICATIF ET POUVANT ETRE MODIFIE A TOUT MOMENT



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