
































CANNES
7 RUE ALLIEIS

04 93 99 20 54

LE PLANNING

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|-------|---|--|--|--|---|
| 09H |  CIRCUIT MINCEUR 1 ^h | |  BODY SCULPT 1 ^h | |  BODY BARRE 1 ^h |
| 10H |  PILATES 30 ^{MIN}  STRETCHING | |  PILATES 1 ^h | |  STRETCHING 1 ^h |
| 12H15 |  BODY SCULPT 45' |  T.A.F 45' |  METAFIT 45' |  STRETCHING 45' |  CROSS TRAINING 45' |
| 13H |  TABATA 45' |  STRETCHING 45' |  PILATES 45' |  CIRCUIT MINCEUR 45' |  PILATES 30 ^{MIN}  STRETCHING |
| 18H |  SPECIAL FESSIERS 30' |  CARDIO BOXING 30' | |  CARDIO BOXING 30' | |
| 18H30 |  STRETCHING 45' |  CARDIO SCULPT 45' |  BODY BARRE 1 ^h |  RELAXATION 45' | |
| 19H15 |  CROSS TRAINING 45' |  PILATES 45' | |  C.A.F 45' | |
| 19H30 | | |  ZUMBA 1 ^h | | |

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

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