

Planning des cours collectifs 2009 / 2010

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|--|----------------|----------------|----------------|----------------|----------------|----------------|
| Ouverture | 9 h | 9 h | | 9 h | 9 h | 9 h |
| 9h30 | Pilates 45' | Cult Phys 45' | | TACF 45' | Body Barre 45' | |
| 9h45 | | | | | | TACF 45' |
| 10h15 | | Stretching 15' | | Stretching 15' | | |
| 10h30 | | | | | | Stretching 30' |
| 11h00 | | | 12h | | | Body Barre 45' |
| 12h15 | | Cult Phys 45' | | Abdos Fes 30' | Cult Phys 45' | |
| 12h30 | Abdos Fes 30' | | Abdos Fes 30' | | | |
| 12h45 | | | | Multi Gym 45' | | |
| 13h00 | TACF 45' | Stretching 30' | Cult Phys 45' | | Abdos Fes 30' | |
| 13h15 | | | | | | 13h |
| 15h00 | | TACF 45' | | Pilates 45' | | |
| 16h00 | Multi Gym 1h | | | | | |
| 17h15 | Cult Phys 45' | Circuit 45' | | TACF 45' | Cult Phys 45' | |
| 17h30 | | | Cult Phys 45' | | | |
| 18h00 | Stretching 45' | Cult Phys 45' | | Body Barre 45' | LIA 45' | |
| 18h15 | | | LIA 45' | | | |
| 18h45 | LIA 45' | Stretching 45' | | Step 45' | Stretching 30' | |
| 19h00 | | | TACF 45' | | | |
| 19H15 | | | | | Circuit 45' | |
| 19h30 | TACF 45' | Step 45' | | Abdos Fes 30' | | |
| 19h45 | | | Body Barre 45' | | | |
| 20h00 | | | | Stretching 15' | | |
| Fermeture | 21 h | 21 h | 21 h | 21 h | 21 h | |
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