

TB PLANNING COURS CO

> ANNÉE 2026 | SEMAINE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
6:15	 		BIKE				
8:15	BIKE	GYM POSTURALE		BIKE	GYM FLOW	BIKE	
9:30	LES MILLS BODYPUMP 					 	
12:00	BIKE	ATHLETIX	LES MILLS BODYPUMP	BIKE	CUISSES ABDOS FESSIERS 		
12:15	GRIT						
16:30		STEP	16:45 DANSE	16:45 GRIT	LES MILLS BODYPUMP 		
17:30	CUISSES ABDOS FESSIERS 	BIKE ou  	ATHLETIX	LES MILLS BODYPUMP	BIKE ou DANSE		GRIT
18:30	LES MILLS BODYPUMP	BOXING 	STRETCHING	 			
18:45	 						