




BEAULIEU^S/MER

39 BD MAREGHAL JOFFRE

04 83 39 16 20

LE PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09 ^h	 BODY SCULPT	 SWISS BALL	 BODY BARRE	 OXYGENE	 C.A.F	 BODY BARRE
10 ^h	 STRETCHING	 C.A.F	 OXYGENE	 BODY SCULPT	 PILATES	 STRETCHING
12 ^h 30	 CARDIO BOXING	 BIKE	 ENERGY SCULPT	 CORE TRAINING	 FAT BURNER	
17 ^h 45	 CORE TRAINING	 HIIT	 CARDIO BOXING	 ABDOS FESSIERS	 CIRCUIT MINCEUR	
18 ^h 15	 BODY BARRE	 CARDIO ATTACK	 CROSS TRAINING	 STEP	 CARDIO BOXING	 CARDIO ATTACK
19 ^h 15	 OXYGENE	 STRETCHING	 BIKE	 BODY SCULPT	 C.A.F	