

















CANNES

7 RUE ALLIÉS

04 93 99 20 54

LE PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
09 ^h	 CIRCUIT MINCEUR		 BODY SCULPT		 BODY BARRE
10 ^h	 OXYGENE		 PILATES		 STRETCHING
12 ^h 15	 BODY SCULPT	 T.A.F	 METAFIT	 STRETCHING	 CROSS TRAINING
13 ^h	 STEP	 STRETCHING	 PILATES	 CIRCUIT MINCEUR	 OXYGENE
18 ^h		 CIRCUIT MINCEUR			
18 ^h 30	 FAT BURNER	 C.A.F  PILATES	 BODY BARRE	 STEP	 FAT BURNER
19 ^h 30	 CROSS TRAINING	 METAFIT	 ZUMBA	 C.A.F  PILATES	 ACRO STRETCH