





















LES ARCS
25 AV JEAN JAURES

04 94 47 50 24

LE PLANNING

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|-------|--|---|--|--|--|
| 09H30 |  C.T.A.F |  BODY SCULPT | |  PILATES |  STRETCHING |
| 12H30 |  LES MILLS BODYPUMP |  BIKE |  METAFIT  STRETCHING |  CARDIO SCULPT |  CIRCUIT MINCEUR |
| 18H30 |  BIKE |  ZUMBA |  LES MILLS BODYPUMP |  C.T.A.F |  LES MILLS BODYCOMBAT |
| 19H30 |  LES MILLS BODYPUMP |  C.T.A.F |  LES MILLS BODYCOMBAT |  BIKE | |