



Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

Move Zen Move Zen Move Zen Move Zen Move Zen Move Zen Move Zen

	Move	Zen	Move	Zen	Move	Zen	Move	Zen	Move	Zen	Move	Zen	Move	Zen
45min 9h15	BANANA Caf			BANANA Yoga	BANANA Sculpt			LES MILLS BODYBALANCE	LES MILLS BODYPUMP	BANANA Pilates	BANANA Sculpt		LES MILLS BODYPUMP	
1h 10h15	BANANA Stretch		30min BANANA Core					BANANA Gym do	BANANA Ball-Stretch		LES MILLS BODYBALANCE			
1h 11h30														
45min 12h30	BANANA Yoga	BANANA Core	30min LES MILLS BODYPUMP	BANANA Pilates (NIVEAU 2)	BANANA Caf		BANANA Essential		LES MILLS BODYATTACK					
45min 14h30		BANANA Gym do	BANANA Pilates (NIVEAU 1)		BANANA Ball									
45min 16h30		BANANA Essential									BANANA Yoga			
45min 17h30	BANANA Step		LES MILLS BODYPUMP	BANANA Stretch	BANANA Yoga	BANANA Core		LES MILLS BODYBALANCE	LES MILLS BODYPUMP					
1h 18h30	LES MILLS BODYPUMP		LES MILLS BODYCOMBAT		LES MILLS BODYATTACK		BANANA Caf		LES MILLS SH'BAM					
45min 19h45	LES MILLS BODYBALANCE		30min BANANA Core		BANANA Pilates		BANANA Step	BANANA Pilates						

