



Planning

BANANAMOVE BANANAZEN



		Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi	
		Move	Zen	Move	Zen	Move	Zen	Move	Zen	Move	Zen	Move	Zen
1h	9h	BANANA Sculpt			BANANA Yoga	LES MILLS BODYBALANCE			LES MILLS BODYBALANCE	LES MILLS BODYPUMP	BANANA Pilates		
1h	10h15		30min	BANANA Core				30min	BANANA Core	BANANA Gym do		BANANA Stretch	LES MILLS BODYPUMP
1h	11h30												LES MILLS BODYBALANCE
45min	12h30	LES MILLS BODYPUMP	BANANA Yoga	LES MILLS SH'BAM	BANANA Pilates	BANANA Caf			BANANA Essential	BANANA Sculpt			
45min	14h30		BANANA Gym do		BANANA Pilates		BANANA Ball						
45min	16h30		BANANA Essential										
45min	17h30	BANANA Step		LES MILLS BODYPUMP		30min	BANANA Core	BANANA Yoga	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		
1h	18h30	LES MILLS BODYPUMP		LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYATTACK			BANANA Caf		LES MILLS SH'BAM		
45min	19h45	LES MILLS BODYATTACK	30min	BANANA Core	BANANA Pilates	LES MILLS BODYPUMP			BANANA Step	BANANA Pilates			

