Centre Fusion

Horaire de cours du 22 juin au 20 septembre 2020

LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
	7:15 - 8:15						7:15 - 8:15									9:00 - 10:00	9:15 - 10:15
	Total Workout						Total Workout									Total Workout	Spinning
	Francois						Francois									Vanessa	Audrey
	9:00 - 10:00	8:45 - 9:45	9:15 - 10:15	9:00 - 10:00	8:45 - 9:45		9:00 - 10:00		9:30 - 10:30	9:00 - 10:00						10:30 - 11:30	
	Body Design	Spinning	Essentrics	Core	Spinning		Body Design		Rythme Mix $$$	Core						Zumba	
	Audrey	Francois	Lynda	Barbara	Isabelle		Audrey		Lynda	Vanessa						Pierre	
	10:30 - 11:30		10:45 - 11:45	10:30 - 11:30		10:45 - 11:45	10:30 - 11:30					10:45 - 11:45					
	Zumba		Stretching & Mobilité	Gym Douce		Essentrics	Zumba					Essentrics Débutant					
	Audrey		Vanessa	Masha		Lynda	Audrey					Christine					
	13:15 - 14:15																
	Tonus & Souplesse 65 ans +																
	Masha														**DIMANCHE**		
															9:15 - 10:15		
															Yoga		
															Nathalie		
	17:30 - 18:30			17:30 - 18:30						17:30 - 18:30							
	Zumba			Body Sculpt						**C.A.F** (cuisses-abdos-fesses)							
	Sylvie			Barbara						Vanessa							
	18:45 - 19:45																
	Total Workout																
	Vanessa																