

# PLANNING

Cours collectifs FITNESS avec COACHS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

11H00   
FIT' DOUX

11H00   
CAP  
DETENTE

11H00   
Pilates

11H00   
Fit  
dance

11H15   
CAF / CUISSES  
ABDOS  
FESSIERS

10H30   
CROSS  
TRAINING

18H00   
Pilates

19H00   
CROSS  
TRAINING

19H30   
STEP  
DEB

19H45   
CAP  
COU  
BAT

11H45   
STRETCHING  
& RELAXATION

12H00   
JUMP  
FITNESS

11H30   
LESMILLS  
BODYATTACK

19H00   
ZUMBA

20H00   
LESMILLS  
BODYATTACK

20H30   
STEP  
INTER

20H30   
LESMILLS  
BODYPUMP

19H00   
CROSS  
TRAINING

21H00   
CAP RENFO

VOS COACHS

 Céline

 Maxence

 Pauline

 PLANET  
FITNESS

 CAP  
CORPS  
PLANCOET 22 

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