

# POLYGONE - PLANNING PAR JOUR - JAN 2019

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8h30 [45'] Pilates			8h45 [45'] Spinning			
9h15 [45'] Stretching	9h00 [45'] Bodypump			9h00 [45'] CAF		9h00 [30'] Small group Training*
	9h45 [30'] Abdos fessiers	9h00 [60'] Pilates matériel	9h45 [60'] Bodywork	9h45 [45'] Stretching	10h15 [50'] RPM vidéo	9h30 [30'] Small group Training*
10h00 [45'] CAF		10h00 [30'] Stretching		10h30 [60'] Yoga dynamique	10h15 [60'] Yoga détente	10h00 [50'] RPM
	10h15 [45'] Spinning	10h30 [60'] Yoga dynamique		10h30 [50'] RPM Vidéo		
10h45 [45'] LIA		10h30 [30'] Sprint Vidéo	10h45 [45'] Stretching		11h15 [60'] Yoga dynamique	11h00 [45'] Stretching
10h45 [50'] RPM Vidéo		11h00 [30'] Small group*				
12h30 [60'] Yoga dynamique	12h00 [30'] Spinning	12h15 [30'] Small group Training*	12h30 [60'] Step	12h15 [45'] Bodypump		
12h30 [50'] RPM	12h30 [60'] Cross Training	12h30 [45'] Spinning	12h30 [50'] RPM vidéo			
				13h00 [30'] Stretching		
14h00 [30'] Abdos fessiers	14h00 [45'] Pilates matériel		14h00 [45'] Stretching			
14h30 [45'] Bodypump	14h45 [45'] Stretching		14h45 [45'] Pilates			
			17h00 [45'] Bodypump		16h30 [30'] Small group Training*	
18h00 [30'] Small group Training*	17h00 [60'] Yoga dynamique	17h30 [45'] CAF	17h45 [45'] Stretching	17h00 [60'] Pilates mat	17h00 [30'] Small group Training*	
18h00 [45'] Bodyjam	18h00 [45'] Bodypump	18h15 [45'] Pilates matériel		17h30 [30'] Small group Training*	17h30 [50'] RPM	
18h45 [45'] Pilates mat		18h15 [45'] Spinning	18h30 [50'] RPM	18h00 [30'] Small group Training*		
18h45 [50'] RPM	18h45 [45'] Bodycombat		18h30 [60'] Yoga dynamique	18h00 [45'] Stretching		
19h30 [30'] Abdos fessiers	18h45 [50'] RPM Vidéo	19h00 [45'] Bodyjam		18h45 [45'] Bodycombat		
19h45 [30'] Small group Training*	19h30 [60'] Step			19h00 [30'] Sprint Vidéo		
19h45 [30'] Sprint Vidéo		19h45 [45'] Yoga détente				
			19h30 [45'] Cross Training			

\*Tarification spéciale et réservation obligatoire pour les cours de Small group Training.