

POLYGONE - PLANNING PAR JOUR - 2018

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8h30 [45'] Pilates			8h45 [45'] Spinning			
9h15 [45'] Stretching	9h00 [45'] Bodypump			9h00 [45'] CAF		
	9h45 [30'] Abdos fessiers	9h30 [60'] Pilates matériel	9h45 [60'] Bodywork	9h45 [45'] Stretching		
10h00 [45'] CAF				10h30 [60'] Yoga dynamique	10h15 [60'] Yoga détente	
	10h15 [50'] RPM	10h30 [60'] Yoga dynamique		10h30 [50'] RPM Vidéo		
10h45 [45'] LIA		10h30 [30'] Sprint Vidéo	10h45 [45'] Bodybalance		11h15 [60'] Yoga dynamique	
10h45 [50'] RPM Vidéo	12h00 [30'] Sprint Vidéo	11h30 [45'] Stretching				
12h30 [60'] Yoga dynamique	12h30 [60'] Cross Training	12h30 [45'] Bodywork	12h30 [60'] Step	12h15 [45'] Bodypump		
12h30 [50'] RPM			12h30 [50'] RPM vidéo			
		12h30 [45'] Spinning		13h00 [45'] Bodybalance		
14h00 [30'] Abdos fessiers	14h00 [45'] Pilates matériel		14h00 [45'] Stretching			
14h30 [45'] Bodypump	14h45 [45'] Stretching		14h45 [45'] Pilates			
				17h45 [60'] Pilates		
17h45 [45'] Bodybalance	17h00 [60'] Yoga dynamique	17h30 [45'] CAF				
		18h15 [45'] Pilates matériel				
18h30 [60'] Bodyjam	18h00 [45'] Bodypump					
18h30 [50'] RPM	18h45 [45'] Bodycombat	18h15 Small group Training	17h45 [45'] Stretching			
19h30 [30'] Abdos fessiers	18h45 [50'] RPM Vidéo	19h00 [45'] Bodyjam	18h30 [50'] RPM			
19h30 Small group Training		19h00 [50'] RPM	18h30 [60'] Yoga dynamique	18h45 [45'] Stretching		
19h45 [30'] Sprint Vidéo	19h30 [60'] Step		19h30 [45'] CAF	19h00 [30'] Sprint Vidéo		
20h00 [45'] Bodywork		19h50 [45'] Bodypump	20h15 [45'] Cross Training			