

# Planning cours interactifs



HEURES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	HEURES
6h15	HYPER C	QI-QONG	POWER	YOGA	X55	OXIGENO	ABS (x2)	6h15
7h	X55	ABS (x2)	YOGA	POWER	ABS (x2)	HYPER C	FIGHT DO	7h
7h45	YOGA	HYPER C	ABS (x2)	X55	OXIGENO	POWER	ELEVEN	7h45
8h30	POWER	ELEVEN	HYPER C	QI-QONG	X55	STRETCH	X55	8h30
9h15	STEP	YOGA	OXIGENO	ABS (x2)	POWER	X55	ABS (x2)	9h15
10h	ELEVEN	X55	ABS (x2)	HYPER C	YOGA	ABS (x2)	POWER	10h
10h45	STRETCH	FIGHT DO	POWER	X55	ABS (x2)	ELVEN	OXIGENO	10h45
11h30	ABS (x2)	POWER	YOGA	STEP	FIGHT DO	HYPER C	ELVEN	11h30
12h15	OXIGENO	ABS (x2)	HYPER C	ABS (x2)	POWER	X55	STEP	12h15
13h	HYPER C	ELVEN	ABS (x2)	STRETCH	X55	STEP	POWER	13h
13h45	X55	YOGA	STEP	ABS (x2)	POWER	X55	HYPER C	13h45
14h30	STEP	ABS (x2)	POWER	FIGHT DO	X55	OXIGENO	STRETCH	14h30
15h15	FIGHT DO	OXIGENO	HYPER C	X55	QI-QONG	ABS(x2)	POWER	15h15
16h	ELEVEN	ABS (x2)	X55	HYPER C	ELEVEN	STEP	ABS (x2)	16h
16h45	ABS (x2)	STEP	FIGHT DO	POWER	OXIGENO	HYPER C	X55	16h45
17h30	HYPER C	STRETCH	ABS (x2)	OXIGENO	ABS (x2)	POWER	QI-QONG	17h30
18h15	ABS (x2)	X55	YOGA	ELEVEN	X55	ABS (x2)	OXIGENO	18h15
19h	STRETCH	HYPER C	X55	ABS x2	POWER	STEP	ABS (x2)	19h
19h45	ABS (x2)	YOGA	HYPER C	X55	FIGHT DO	POWER	X55	19h45
20h30	X55	ABS (x)2	POWER	YOGA	OXIGENO	ELEVEN	POWER	20h30
21h15	QI-QONG	ELEVEN	ABS (x2)	POWER	ABS (x2)	STRETCH	HYPER C	21h15
22h	HYPER C	X55	OXIGENO	ABS (x2)	ELEVEN	ABS x2	X55	22h