

# PLANNING DE COURS COLLECTIFS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:00 <b>LES MILLS EXPRESS BODYPUMP</b>	9:30 - 10:15 <b>LES MILLS RPM</b>	09:30 - 10:30 <b>PILATES</b>	09:30 - 10:15 <b>SWISS BALL</b>	09:30 - 10:30 <b>BODY SCULPT</b>	09:30 - 10:00 <b>INITIATION BODYPUMP</b>	
10:00 - 11:00 <b>LES MILLS BODYBALANCE</b>		10:30 - 11:00 <b>FLEXIBILITÉ</b>	10:15 - 11:00 <b>STRETCHING</b>	10:30 - 11:15 <b>TRX</b>	10:00 - 11:00 <b>LES MILLS BODYPUMP</b>	10:00 - 11:00 <b>LES MILLS RPM XL</b>
					11:00 - 11:45 <b>STRETCHING</b>	
12:30 - 13:15 <b>CIRCUIT TRAINING</b>	12:30 - 13:15 <b>PILATES</b>		12:30 - 13:15 <b>C.A.F.</b>	12:30 - 13:15 <b>BOXING</b>		
14:30 - 15:15 <b>PILATES</b>			14:30 - 15:15 <b>TRX PILATES</b>			
17:30 - 18:15 <b>BOXING</b>	17:15 - 18:00 <b>SWISS BALL</b>	17:30 - 18:15 <b>BODY SCULPT</b>	17:15 - 18:00 <b>CROSS TRAINING</b>	17:30 - 18:15 <b>PILATES</b>		
18:15 - 19:00 <b>C.A.F.</b>	18:00 - 19:00 <b>LES MILLS BODYPUMP</b>	18:30 - 19:15 <b>LES MILLS RPM</b>	18:00 - 18:45 <b>LES MILLS RPM</b>	18:15 - 19:15 <b>CARDIO DANCE</b>		
19:00 - 19:45 <b>LES MILLS RPM</b>	19:00 - 19:45 <b>LES MILLS BODYCOMBAT</b>	19:30 - 20:15 <b>FLOW MOTION</b>	19:00 - 20:00 <b>LES MILLS BODYPUMP</b>	19:15 - 20:00 <b>LES MILLS EXPRESS BODYBALANCE</b>		



**DU LUNDI AU VENDREDI**  
DE 8H30 À 21H30

**LE SAMEDI**  
DE 9H00 À 16H00

**LE DIMANCHE**  
DE 9H00 À 12H30

**4 RUE DE BERNE  
HORBOURG-WIHR  
TÉL: 03 89 41 13 00  
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