

PLANNING DE COURS COLLECTIFS

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



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
WWW.NATURALFORM.FR**