

# Planning fitness LYON 2020/2021

LIEUX	SALLE C	SALLE 2ème ETAGE	GYMNASE BOSSUET	
<b>LUNDI</b>	<b>MARDI</b>	<b>MERCREDI</b>	<b>JEUDI</b>	<b>VENDREDI</b>
BODY SCULPT 8h00-9h00	DANSE 8h-8h55	PILATES 8h00-9h00	GYM FITNESS 8h30-9h20	CAF 8h00-9h00
GYM SENIOR 9h10-10h10	STRETCHING 9h00-9h45		GYM SENIOR 9h30-10h20	PILATES 9h00-10h00
PILATES 10h00-11h00				GYM BALL 10h10-11h00
	GYM SENIOR 11h00-12h00		PILATES SENIOR 11h00-12h00	
GYM FIT 12h15-13h15	GYM BALL 12h15-13h15	PILATES/ STRETCHING 12h15-13h15	PILATES 12h15-13h15	FIT TRAINING 12h15-13h15
		ENERGYM 17h45-18h40		
CAF 18h00-19h00	YOGA 18h30-19h20		PILATES 18h00-18h50	GYM BALL 18h30-19h20
GYM BALL 19h10-20h10	YOGA 19h30-20h20	SOPHROGYM 18h50-19h45	FIT TRAINING 19h00-19h50	GYM BALL 19h30-20h30
	YOGA DYNAMIQUE 20h30-21h20		PILATES 20h00-21h	