

Planning coaching



SO SWIM

votre club 100% aqua

x

keepcool

SOCIAL SPORTS CLUB

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9H	MIHA	MIHA	MIHA	MIHA	MIHA
9H40	MIHA	MIHA	MIHA		
10H20	MIHA	MIHA	MIHA	10H PILATES	10H PILATES
11H	PILATES	PILATES	PILATES	STRETCHING	STRETCHING
12H15	CARDIO BOXE	CARDIO TRAINING	CARDIO TRAINING	CARDIO TRAINING	CARDIO TRAINING
13H		MIHA			MIHA
16H20	MIHA	MIHA	MIHA	MIHA	MIHA
17H	MIHA	MIHA	CARDIO TRAINING + MIHA	MIHA	MIHA
17H40	MIHA		MIHA		MIHA
18H00	CARDIO TRAINING	CARDIO BOXE	CARDIO TRAINING	CARDIO TRAINING	
18H20	MIHA		MIHA		
19H	CARDIO BOXE	PILATES		PILATES	

SO SWIM

KEEP COOL