

Cours Fitness (Du 01-09-19 au 31-10-19)

Lundi			Mardi			Mercredi			Jeudi			Vendredi			Samedi			Dimanche		
Heure	Cours / Professeur	Objectif	Heure	Cours / Professeur	Objectif	Heure	Cours / Professeur	Objectif	Heure	Cours / Professeur	Objectif	Heure	Cours / Professeur	Objectif	Heure	Cours / Professeur	Objectif	Heure	Cours / Professeur	Objectif
09h00	Yoga	MGWE Serenity	07h30	Jogging	MGWE Vitality	10h00	Gym Dos	MGWE Vitality	07h30	Jogging	MGWE Vitality	10h00	Core Training	MGWE Vitality	10h00	Deep Stretch	MGWE Purify	10h00	Fitball	MGWE Vitality
10h00	Gym dos	MGWE Vitality	08h30	T AFC	MGWE Energy	11h15	Aqua Strech	MGWE Purify	09h00	Yoga	MGWE Serenity				11h00	Spinning	MGWE Energy	10h30	Spinning	MGWE Energy
12h30	Yoga	MGWE Serenity	10h00	Aqua Bike	MGWE Vitality	12h30	Circuit Training 45'	MGWE Energy	12h30	Spinning	MGWE Energy	12h30	Hatha Yoga	MGWE Serenity	12h30	Aqua Bike	MGWE Vitality			
12h30	Aqua Bike	MGWE Vitality	12h30	Méditation	MGWE Serenity	12h30	Aqua Yoga	MGWE Serenity	12h30	Aqua Bike	MGWE Vitality	12h30	Aqua Move	MGWE Vitality						
						17h00	Aqua Bike	MGWE Vitality												
17h00	Circuit Training	MGWE Energy	17h00	Circuit Training	MGWE Energy	18h00	Spinning	MGWE Purify				17h30	Bosu	MGWE Vitality	16h00	Fit Pump	MGWE Energy			
18h00	Aero Fit	MGWE Energy	18h30	Aqua Bike	MGWE Vitality	18h15	Body Sculpt	MGWE Energy	17h00	Circuit Training	MGWE Energy	18h30	Body & Mind	MGWE Vitality	17h00	Flow Practice	MGWE Purify			
19h30	Aqua Punch	MGWE Energy	19h15	Spinning	MGWE Energy	19h15	Aqua Move	MGWE Vitality	18h00	T AFC	MGWE Energy									
19h00	Spinning	MGWE Purify	19h30	Fit Dance	MGWE Energy	19h30	Core Balance	MGWE Vitality	19h15	Aqua Bike	MGWE Vitality									
MGWE Serenity: it's time for you now																				
MGWE Purify: Reboost you																				
MGWE Vitality: Feel your wellness																				
MGWE Energy: Move your energy																				