

# PLANNING PUREFORM A PARTIR NOVEMBRE 2018

		LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI				
		FITNESS/ZEN	AQUA	FITNESS/ZEN	AQUA	FITNESS/ZEN	AQUA	FITNESS	ZEN	AQUA	FITNESS/ZEN	AQUA	FITNESS / ZEN	AQUA		
9h	30	BODY SCULPT	AQUA SCULPT		AQUA BIKE	QI QONG	AQUA FIT	FIT TRAINING	PILATES	AQUA TRAINING	CAF			AQUA FIT	9h	30
10h	30	FIT BALANCE		STRETCH POST NIV 1	AQUA MINCEUR	QI QONG	AQUA COOL		YOGA	AQUA MINCEUR	STRETCH POST NIV 2	AQUA COOL			10h	30
11h	30	PILATES	AQUA COOL			CROSS TRAINING				AQUA COOL			STRETCH	AQUA BIKE	11h	30
12h	30		AQUA BIKE	BODY SCULPT			AQUA MINCEUR	HITT TRAINING		AQUA FIT	PILATES	AQUA SCULPT			12h	30
13h	30					CROSS TRAINING									13h	30
14h	30	STRETCH			AQUA BIKE SENIOR	CROSS TRAINING				AQUA BIKE SENIOR					14h	30
15h	30					ZUMBA KIDS 5 - 11 ans									15h	30
16h	30						natation								16h	30
17h	30		natation		natation		natation			natation		natation			17h	30
18h	30		AQUA BIKE	BODY SCULPT	AQUA SCULPT	FIT BALANCE				AQUA MINCEUR					18h	30
19h	30		AQUA SCULPT	STEP			AQUA FIT	PILATES		AQUA BIKE					19h	30
20h	30					BODY SCULPT									20h	30

Accès plateaux renforcement musculaire et cardio-training 7j/7 6h00 - 22h00

Horaires Accueil : Lundi au Jeudi 8h30-19h30 / Vendredi 8h30-18h30 / Samedi 8h30-18h

Horaires coaching Micka : Du lundi au vendredi 17H30 - 19H30

Venez sans complexe, on s'occupe du reste !

[www.centrepureform.com](http://www.centrepureform.com)

Céline Bastien Steve Sophie Sabrina