

# PLANNING PUREFORM A PARTIR SEPTEMBRE 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 BALL		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														12h 30
13h 30		AQUA BIKE	BODY SCULPT			AQUA MINCEUR	HITT TRAINING		AQUA FIT	PILATES	AQUA SCULPT			13h 30
14h 30					CROSS TRAINING									14h 30
15h 30	STRETCH			AQUA BIKE SENIOR	ZUMBA KIDS 5 - 11 ans				AQUA BIKE SENIOR					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