



# PLANNING DES COURS COLLECTIFS

## TENEZ-VOUS AU JUS

 pour devenir un vrai citronné 

LUNDI

MARDI

MERCREDI

JEUDI

SAMEDI

17h30 45'



LEMON BIKING

17h30 30'



LEMON YOGA

17h30 30'



LEMON YOGA

17h30 45'



LEMON TOTAL BODY

10h00 45'



LEMON BIKING

18h20 45'



LEMON CAF

18h05 45'



LEMON TOTAL BODY

18h05 45'



LEMON CAF

18h15 30'



LEMON SMALL GROUPE MUSCU

10h50 45'



STRONG BY ZUMBA

18h55 45'



LEMON BIKING

18h55 45'



LEMON BIKING

18h20 45'



LEMON BIKING

11h40 30'



LEMON TOTAL ABDOS

19h10 30'



LEMON YOGA

19h10 30'



LEMON YOGA

12h15 30'



LEMON YOGA

