

PROGRAMME DES COURS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	Signification des couleurs	
08H30 09H15	BODY PUMP Zoubida	PILATE Bahia	T.A.F Bahia	R.P.M Soukaina	TABATA Asmae		 Renforcement	 Cardio
09H30 10H15	LADY CHALLENGE Asmaa C.A.F Paula	BODY SCULPT Sanae R.P.M Bahia	TWERK ZUMBA Kaoutar R.P.M Zoubida	BODY VIVE Sanae PILATES Karima	BODY STEP Soukaina		 Dance	 ZenAttitude
10H30 11H15	AGUA GYM Asmae R.P.M Soukaina	CROSS FIT Karima BODY BALANCE Sanae	AQUA FITNESS Zoubida BODY PUMP Bahia	T.B.C Bahia STRETCHING RENFO. Sanae	AQUA GYM Asmae C.A.F Paula	11H00	T.A.F Zoubida	GREET Sanae
11H30 12H15	DANCE ORIENTAL Kaoutar	S.A Karima	STRECHING Bahia	AFRO DANCE Kaoutar	DANCE ORIENTAL Kaoutar	12H00 12H45	R.P.M Zoubida	BODY VIVE Sanae
12H30 15H15	ASSISTANCE PLATEAU					13H00 13H45	BODY BALANCE Zoubida	BODY BALANCE Sanae
15H30 16H15	GYM BALL Bahia	C.M VENTRE PLAT Asmae	S.A Sanaa	S.G Zoubida	AQUA FITNESS Sanaa	15h00 15h45	BOLLYWOOD Kaoutar	
16H30 17H15	DANCE CHAABI Kaoutar	CIRCUIT TRAINING Zoubida	C.M/PERT DE POIDS Asmaa	C.M FESSES FERMER Asmaa	GYM BALL Bahia	16H00 16H45	TRAMPOLINE Asmae	C.A.F Bahia
17H30 18H15	TRAMPOLINE/ABDO Zoubida BODY VIVE Sanae	ORIENTAL Kaoutar POWER BOXE Paula	TABATA Asmaa R.P.M Soukaina	BODY PUMP Zoubida U.F.W Asmaa	R.P.M Bahia CROSS FIT Karima	17H00 17H45	T.A.F Asmae	R.P.M Bahia
18H30 19H15	ZUMBA Kaoutar BODY STEP Soukaina	PACK FORCE Zoubida STEP LATINO Asmae	BODY SCULPT Sanae S.G Asmaa	T.A.F. Paula R.P.M Zoubida	BODY VIVE Sanae PILATES Karima	18h00 18h45	PILATES Asmae	PILATES Bahia
19H30 20H15	AQUA GYM Sanae PILATES Bahia	STRETCHING Asmae	AQUA GYM Sanae PILATES Asmae	STRETCHING Asmae	DANCE MIX Kaoutar BODY BALANCE Sanae			

T.A.F : Taille, Abdos, Fessiers.

T.B.C: Total Body Conditioning.

C.A.F: Cuisses, Abdos, Fessiers.

HIIT: High intensity interval training

C.M: Circuit Minceur

S.A: Special abdos

T.S: Total Silhouette

S.D: Special dos

U.F.W: Ultimate fight workout