

PLANNING DES COURS - SALLE UPPERFORMER - BEAUX ARTS

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

7H00

7:30 - 8:20
UpperFormer Full Body

8H00

8:00 - 8:50
UpperFormer Stretch

8:30 - 9:20
UpperFormer Full Body

9H00

9:00 - 9:50
UpperFormer Full Body

9:00 - 9:50
UpperFormer Full Body

9:00 - 9:50
UpperFormer Full Body

9:00 - 9:50
UpperFormer Full Body

9:00 - 9:50
UpperFormer Full Body

9:30 - 10:20
UpperFormer Full Body

10H00

10:00 - 10:50
UpperFormer Abs Sculpt

10:00 - 10:50
UpperFormer Power

10:00 - 10:50
UpperFormer Abs Sculpt

10:00 - 10:50
UpperFormer Full Body

10:00 - 10:50
UpperFormer Power

10:30 - 11:20
UpperFormer Abs Sculpt

11H00

11:00 - 11:50
UpperFormer Ballet

11:00 - 11:50
UpperFormer Hybrid

11:00 - 11:50
UpperFormer Hybrid

11:00 - 11:50
UpperFormer Full Body

11:00 - 11:50
UpperFormer Power

11:00 - 11:50
UpperFormer Full Body

11:30 - 12:20
UpperFormer Booty & Core

12H00

12:30 - 13:20
UpperFormer Hybrid

12:30 - 13:20
UpperFormer Full Body

12:30 - 13:20
UpperFormer Hybrid

12:30 - 13:20
UpperFormer Full Body

12:30 - 13:20
UpperFormer Full Body

12:00 - 12:50
UpperFormer Abs Sculpt

13H00

13:30 - 14:20
UpperFormer Booty & Core

13:00 - 13:50
UpperFormer Full Body

14H00

15H00

16H00

16:30 - 17:20
UpperFormer Full Body

16:30 - 17:20
UpperFormer Full Body

16:00 - 16:50
UpperFormer Stretch

16:30 - 17:20
UpperFormer Full Body

17:00 - 17:50
UpperFormer Full Body

17H00

17:30 - 18:20
UpperFormer Booty & Core

17:30 - 18:20
UpperFormer Abs Sculpt

17:00 - 17:50
UpperFormer Full Body

17:30 - 18:20
UpperFormer Full Body

18:00 - 18:50
UpperFormer Full Body

18H00

18:30 - 19:20
UpperFormer Power

18:30 - 19:20
UpperFormer Full Body

18:00 - 18:50
UpperFormer Abs Sculpt

18:30 - 19:20
UpperFormer Hybrid

18:00 - 18:50
UpperFormer Power

19H00

19:30 - 20:20
UpperFormer Full Body

19:30 - 20:20
UpperFormer Power

19:00 - 19:50
UpperFormer Booty & Core

19:30 - 20:20
UpperFormer Ballet

19:00 - 19:50
UpperFormer Power

19:00 - 19:50
UpperFormer Full Body

20H00

20:30 - 21:20
UpperFormer Rituals

20:00 - 20:50
UpperFormer Full Body

20:30 - 21:20
UpperFormer Full Body

17:00 - 17:50
UpperFormer Rituals