































LIBERTY
FITNESS & COACHING
& Kids

PLANNING DES COURS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30	 CAF CUISSSES ABDOS & FESSIERS	 AÉRO DANCE	 BOXING	 PILATES	 MINCEUR	 CAF CUISSSES ABDOS & FESSIERS
10H30	 CROSS TRAINING	 PILATES	 PUMP	 STEP	 STRETCHING	 MINCEUR
12H30	 MINCEUR	 BOXING	 CAF CUISSSES ABDOS & FESSIERS	 CROSS TRAINING	 PUMP	
18H30	 CROSS TRAINING	 GLAM DANCE	 COMBAT	 CAF CUISSSES ABDOS & FESSIERS	 ZUMBA	
19H30	 PUMP	 STEP	 CROSS TRAINING	 BOXING	 YOGA	
20H30		 SELF DEFENSE				