
















J'S FITNESS & Kids

PLANNING DES COURS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H30 - 11H30							 RUN HIIT
14H45 - 15H30	 GYM DOUCE						
15H30 - 16H15	 STRETCHING						
18H30 - 19H15	 ZUMBA	 TRAMPO JUMP	 HIIT ABDOS	 ZUMBA	 CARDIO BOXE		
19H15 - 20H00	 RENFO	 CIRCUIT TRAINING	 CROSS TRAINING	 CROSS WOOD	 HIIT FULL BODY		

