

PLANNING TONIC'S STUDIO

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
 		Site Extérieur <b>Total' form</b> 9h30/11h00	 Fit box sculpt 10H15/11H00	Body Sculpt 10h15/11h00	Circuit Training 10h15/11h00
	Taille, Bras, Abdos, Fessiers 10h15/11h00		Oxygène/Stretching 11h/11h45	Medley 11h/11h45	Cardio Tonic 11h/11h45
	Circuit Training 11H00/11H45		Tonic Sculpt/ Fat Burner 12h15/13h00	Taille, cuisses, fessiers, abdos 12H15/13H00 ( BS 1fois/sem)	Flash surprise Oxygène 11h45/12h30
	Fat burner/Tonic Sculpt 12h15/13h00	Body Sculpt/ Body Barre 12h15/13h00	Oxygène 13h00/13h45	Oxygène 13H00/13H45	Cardio Tonic 13H00/13H45

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Oxygène 16h15/17h00	TAF/CAF/BS 16h30/17h15	Medley 16h30/17h15	Oxygène 16h15/17h00
BodySculpt/Circuit 17h00/17h45	Body Barre/Body Sculpt 17H15/18H00	Circuit Training 17h15/18h00	Tonic'Sculpt 17h00/17h45
Fit box 17h45/18h30	Fat Burner 18h10/18h55	Tonic Sculpt/ Fit Box 18h10/18h55	Body barre/Body sculpt 17h45/18h30

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Site Extérieur
CAF/Body Sculpt 19h00/19h45
Oxygène 19h45/20h15

Site extérieur	Site Extérieur
Total' Form 09h30/11h00	Body sculpt/TAF 19h00/19h45
	Stretching Relaxation 19h45/20h15