



**PLANNING 2018/2019 - Du 17 septembre 2018 au 14 juin 2019**

LUNDI		MARDI		MERCREDI	
Cours collectifs	Musculation	Cours collectifs	Musculation	Cours collectifs	Musculation
12H20/13H20 RENFO	12h15/13h45 MUSCULATION CARDIO	12H20/13H20 STEP Débutant	12h15/13h45 MUSCULATION CARDIO	12H20/13H20 PILATES	12H15 / 13H45 MUSCULATION CARDIO
17h30/18h15 STEP	17H00/20H00 MUSCULATION CARDIO	17H30/18H15 Cardio Danse	17H00/20H00 MUSCULATION CARDIO	17H30/18H15 RENFO	17H00/20H00 MUSCULATION CARDIO
18h15/18h30 STRETCHING		18h15/19h RENFO		18H15/19H Circuit FIT	
		19h/19h45 ZUMBA		19H /19H45 STRETCHING	

JEUDI		VENDREDI	
Cours collectifs	Musculation	Cours collectifs	Musculation
12H20/13H20 LIA	12H15 /13H45 MUSCULATION CARDIO	12H20/13H20 RENFO	12H15 / 13H45 MUSCULATION CARDIO
17H30 /18h15 STEP	17H00/20H00 MUSCULATION CARDIO CARDIO		
18H15/19H PILATES			
19H/19H45 RENFO			

Localisation : Gymnase Colette Besson – 52 Bd Niels Bohr Villeurbanne LA DOUA - <http://poleforme.univ-lyon1.fr>