

# KEEP FIT SUMMER Program 2016 (lundi 04/07 au 18/09/16)



	09h				10h				11h				12h				13h					17h				18h				19h				20h				21h														
	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45		00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45							
LUN																																																				
MAR																																																				
MER																																																				
JEU																																																				
VEN																																																				
SAM																																																				
DIM																																																				

1 = Downstairs aerobic room  
2 = Upstairs aerobic room

v.20160630