

**ASPTT DIJON**  
**CENTRE SPORTIF DIJON METROPOLE "Michel Gallot" – SAINT APOLLINAIRE**  
**PLANNING DES COURS FITNESS 2024/2025**

Lundi	Mardi	Mercredi	Jeudi
Salle escrime 14h à 15h ZUMBA GOLD MARIE	Salle Marguerite 12h30 - 13h15 CROSS TRAINING MARIE		
SALLE MARGUERITE 18h15 - 19h00 STEP MARIE		Salle Marguerite 17h30 - 18h15 PILATES FRANCE	
Salle Marguerite 19h10 - 19H55 PILATES MARIE	Salle Marguerite 18h00 - 18h45 PILATES FRANCE	Salle Marguerite 18h30 - 19h15 ZUMBA FITNESS MARIE	Salle Marguerite 18h - 18h45 CROSS TRAINING MARIE
Salle Marguerite 20h - 20h45 ZUMBA FITNESS MARIE	Salle Lucullus 19h00 - 19h45 CAF STRETCHING FRANCE	Salle Lucullus 19h30 - 20h15 PILATES MARIE	