

PLANNING COURS COLLECTIFS

Merci de vous présenter à l'heure et de laisser vos affaires au vestiaire.

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30 – 10h15 FIT YOGA	9h30 – 10h15 BODY SCULPT		9h30 – 10h15 C.A.F	9h30 – 10h30 PILATES	10h15 – 11h00  CROSS TRAINING
10h15 – 11h15 ZEN YOGA	10h15 – 11h15 PILATES	10h00 – 11h00 QI GONG	10h15 – 11h00 STRETCHING	10h30 – 11h15 BIKING	11h00 – 11h45 BIKING
9h00 – 12h00 COACHING	9h00 – 12h00 COACHING		11h00 – 12h00 COACHING		12h00 – 14h00 COACHING
12h15 – 13h00 C.A.F	12h15 – 13h00 BODY BARRE		12h15 – 13h00  CROSS TRAINING		
17h00 – 22h00 COACHING	17h00 – 22h00 COACHING	19h00 – 22h00 COACHING	17h00 – 21h00 COACHING		
18h30 – 19h00 BIKING	19h00 – 20h00 CARDIO BOXE	19h00 – 20h00 20h00 – 21h00  CROSS TRAINING	19h00 – 20h00 BODY SCULPT	19h00 – 20h00  CROSS TRAINING	
19h00 – 20h00 BOOTCAMP	20h00 – 20h30 STRETCHING				

● Renforcement
 ● Gym Douce
 ● ● ● Cardio

● Coaching personnalisé
 (prendre RDV à l'accueil)