

**PLANNING DES COURS COLLECTIFS** De l'ouverture du club au 01 Septembre 2019
   
**CLUB NEONESS MADELEINE**



| Lundi                                                                   | Mardi                                           | Mercredi                                        | Jeudi                                           | Vendredi                                        | Samedi                                          | Dimanche |
|-------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|----------|
| <div>09:00</div> <div>new Pilates 45 min.</div>                         |                                                 |                                                 | <div>09:00</div> <div>Body Pump 45 min.</div>   | <div>09:00</div> <div>new Pilates 45 min.</div> |                                                 |          |
| <div>10:00</div> <div>Body Sculpt 45 min.</div>                         |                                                 |                                                 | <div>10:00</div> <div>new Yoga 45 min.</div>    | <div>10:00</div> <div>new HIIT 45 min.</div>    | <div>10:00</div> <div>new Yoga 30 min.</div>    |          |
|                                                                         |                                                 |                                                 |                                                 |                                                 | <div>10:45</div> <div>Caf 45 min.</div>         |          |
| <div>12:15</div> <div>Body Pump 45 min.</div>                           | <div>12:15</div> <div>Body Combat 45 min.</div> | <div>12:15</div> <div>new Pilates 45 min.</div> | <div>12:15</div> <div>Body Attack 45 min.</div> | <div>12:15</div> <div>new Yoga 45 min.</div>    | <div>11:45</div> <div>Body Attack 60 min.</div> |          |
| <div>13:15</div> <div>Stretching 30 min.</div>                          | <div>13:15</div> <div>Caf 30 min.</div>         | <div>13:15</div> <div>new HIIT 30 min.</div>    | <div>13:15</div> <div>Body Sculpt 30 min.</div> | <div>13:15</div> <div>Caf 30 min.</div>         |                                                 |          |
|                                                                         |                                                 |                                                 |                                                 |                                                 | <div>14:00</div> <div>Body Pump 45 min.</div>   |          |
| <div>15:00</div> <div>new Circuit Sauter 45 min.</div> <div>Corde</div> |                                                 | <div>15:00</div> <div>Boot Camp 45 min.</div>   |                                                 |                                                 | <div>15:00</div> <div>Body Combat 45 min.</div> |          |
| <div>16:00</div> <div>Caf 45 min.</div>                                 |                                                 | <div>16:00</div> <div>new HIIT 45 min.</div>    |                                                 |                                                 | <div>16:00</div> <div>Stretching 45 min.</div>  |          |
|                                                                         |                                                 |                                                 |                                                 |                                                 |                                                 |          |
| <div>18:00</div> <div>Body Attack 45 min.</div>                         | <div>18:00</div> <div>new Pilates 45 min.</div> | <div>18:00</div> <div>Caf 30 min.</div>         | <div>18:00</div> <div>new HIIT 30 min.</div>    | <div>18:00</div> <div>Caf 45 min.</div>         |                                                 |          |
| <div>19:00</div> <div>Body Sculpt 45 min.</div>                         | <div>19:00</div> <div>Zumba 45 min.</div>       | <div>18:45</div> <div>Body Combat 45 min.</div> | <div>18:45</div> <div>Body Pump 45 min.</div>   | <div>19:00</div> <div>new HIIT 45 min.</div>    |                                                 |          |
| <div>20:00</div> <div>Body Combat 45 min.</div>                         | <div>20:00</div> <div>Body Pump 45 min.</div>   | <div>19:45</div> <div>Zumba 45 min.</div>       | <div>19:45</div> <div>Body Attack 45 min.</div> | <div>20:00</div> <div>new Yoga 60 min.</div>    |                                                 |          |
| <div>21:00</div> <div>new Yoga 30 min.</div>                            | <div>21:00</div> <div>new HIIT 30 min.</div>    | <div>20:45</div> <div>Body Sculpt 45 min.</div> | <div>20:45</div> <div>Stretching 30 min.</div>  |                                                 |                                                 |          |

new NOUVEAU

COURS SUR RÉSERVATION

réservation recommandée  
 mais pas obligatoire

- DOMINANTES
- Cours de cardio-training

Cours de renforcement et bien-être

Cours de renforcement musculaire

Ce planning de cours collectifs est susceptible de subir des modifications en fonction des attentes des adhérents et des impératifs de production.
 **NB: Les durées des séances comprennent l'installation et le rangement.**