

PLANNING

COURS LIVE

DU 1ER SEPT AU 31 DEC

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Matin	10h00-11h00 PILATES	10h00-11h00 YOGA	10h00-10h45 CROSS TRAINING	10h00-10h45 C.A.F.	10h00-10h30 100% ABDOS 10h30-11h00 STRETCHING	10h00-10h30 100% ABDOS 10h30-11h00 RPM 11h15-12h00 CROSS TRAINING
Midi	12h30-13h00 HIIT	12h30-13h15 BODYPUMP 12h30-13h15 RPM	12h30-13h15 YOGA 12h30-13h15 CROSS TRAINING	12h30-13h15 CROSS TRAINING 12h30-13h15 BODYCOMBAT	12h30-13h00 HIIT	
Soir	18h30-19h15 C.A.F. 18h30-19h15 CROSS TRAINING 19h30-20h15 RPM	18h30-19h00 MOBILITE 19h00-19h45 BODYATTACK 19h30-20h15 CROSS TRAINING	18h00-18h30 C.A.F. 18h30-19h15 BODYPUMP 18h30-19h15 CROSS TRAINING 19h30-20h15 RPM	18h30-19h15 CROSS TRAINING 19h00-19h45 BODYCOMBAT 19h30-20h15 STRETCHING	18h00-18h30 100% ABDOS 18h30-19h00 HIIT 19h00-19h45 C.A.F.	

C

Cardio-Training

R

Renforcement

MD

Méthode Douce

TT

Team Training

D

Danse

B

Boxing