

PLANNING COURS COLLECTIFS



	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
08:00 10:00	Coaching small group 08:15 – 08:45	Réveil musculaire 08:15 – 08:45	Coaching small group 08:15 – 08:45	Réveil musculaire 08:15 – 08:45	Coaching small group 08:15 – 08:45
11:00	CAF 12:00 – 12:45	HIIT 12:00 – 12:45	Body Barre 12:00 – 12:45	Body Sculpt 12:00 – 12:45	Circuit Training 12:00 – 12:45
14:00	Pilates 12:45 – 13:45	Body sculpt 13:00 – 13:45	100% Abdos 13:00 – 13:30	CAF 13:00 – 13:30	Renforcement 13:00 – 13:45
17:30	Body Barre 17:45 – 18:30	Circuit Training 17:45 – 18:30	Stretching 17:45 – 18:30	Renforcement 17:45 – 18:30	Body Barre 17:45 – 18:30
21:00	HIIT 18:45 – 19:15	Abdo flash 18:45 – 19:15	AF 18:45 – 19:15	Stretching 18:45 – 19:15	Abdo flash 18:45 – 19:15

 Intensité supérieure
 Intensité modérée
 Intensité Faible

Contacts

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