

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

VENDARGUES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
12h15-13h00	12h15-13h00	12h30-13h15	12h30-13h15	12h15-13h00	
CROSS TRAINING	BODY ATTACK	BODY SCULPT	PILATES	CROSS TRAINING	
13h00-13h45	13h00-13h45			13h00-13h45	
CROSS TRAINING	BODY ATTACK			CROSS TRAINING	
18h30-19h15	18h30-19h15	18h30-19h15	18h30-19h15	18h30-19h15	
PILATES	BODY ATTACK	CARDIO BURNER	PILATES	HYROX	