

PLANNING DES COURS COLLECTIFS COACHÉS

LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI		
9H - 10H			9H - 10H						9H - 10H			9H - 10H			9H - 10H		
SWISS BALL									DANCE BY FLOW			BIKING		CAF	SWISS BALL		
10H - 11H			10H00 - 11H00			10H00 - 11H00			10H - 11H			10H - 11H			10H - 11H		
BIKING		ABDO FLASH 30'	RENFO&MOBILITY			PILATES			FULL BODY			STRETCH & MOBILITY			YOGA		CIRCUIT TRX
10H30 - 11H30			11H / 11H15			11H00 / 11H30			11H - 12H			11H - 12H			11H - 12H		
PILATES			ABDO FLASH 30'		BIKE	STRETCH&RELAX		BIKE	STRETCH & RELAX			PILATES			YOGA		WOD
12H30 - 13H15			12H30 - 13H30			12H30 - 13H30			12H30 - 13H30			12H30 - 13H30					
CIRCUIT TRX			BIKING	WOD	FULL BODY	HYROX	CAF	BIKE	CAF	WOD		XTREM SCULT S.A	WOD	BIKE			
16H30			16H30						16H30-17H30								
BIKING		YOGA	SWISS BALL						SPECIAL BOOTY / XTREM SCULPT S.A								
17H30 - 18H30			17H30 - 18H30			17H30 - 18H30			17H30 - 18H15			17H30 - 18H30					
FULL BODY			BIKING			PILATES		HYROX	ZUMBA	BIKING	CIRCUIT	STEP CARDIO		BIKING			
18H30 / 19H00			18H30 - 19H30			18H30 - 19H30			18H30 - 19H30			18H30 - 19H30					
BIKING	HYROX	MEGA DANCE	ZUMBA		WOD	HALTERO		MEGA DANCE	BIKING	CARDIO BOXE	HYROX	STRETCH&RELAX		WOD			
19H45 - 20H45			19H30 - 20H30			19H30 - 20H30			19H30 - 20H30			19H30 - 20H30					
BOXE						HIIT CARDIO			BOXE								

FITNESS PARK

SE DÉPASSER - SE SURPASSER

PAR TOUJOURS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

GAP TOKORO