

# PLANNING

**FITNESS PARK**

SE DÉPASSER - SE SURPASSER

## DES COURS COLLECTIFS COACHÉS

MURET

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h15-10h00						
		ACCESORY WORKS COACH SIMON				
10h00-10h45			11h00-11h45	11h30-12h30		
		FUNCTIONAL TRAINING COACH SIMON	BIKE COACH SIMON		FAC COACH DAVID	
11h00-11h45			12h15-13h00	12h30-13h30		
PILATES/ STRETCHING COACH SIMON			FUNCTIONAL TRAINING COACH SIMON			BODY SCULPT COACH DAVID
12h15-13h00		12h15-13h15	18h00-18h45	18h00-18h45		
FONCTIONAL TRAINING COACH SIMON	CARDIO TRAINING COACH DAVID		FONCTIONAL TRAINING COACH SIMON	FULL BODY COACH DAVID		
	18h00-19h00		19h00-19h45	19h00-19h45		
	BODY BARRE COACH DAVID		ACCESORY WORKS COACH SIMON	FONCTIONAL TRAINING COACH DAVID		
			19h45-20h30			
			PILATES/ STRETCHING COACH SIMON			

+ Cours vidéo à la demande de 6h à 22h30 tous les jours de la semaine.