PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK NICE LA PLAINE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 – 10H30	9H30 – 10H30	9H30 – 10H00	9H00 9H30 / 9H30 10H30	9H30 – 10H30	9H30 – 10H30
BODY SCULPT	CIRCUIT TRAINING	ABDOS FESSIERS	ABDOS FESSIERS / BODY SCULPT	CARDIO SCULPT	EASY SCULPT
10H30 – 11H00	10H30 – 11H30	10H00 – 11H00	10H30 – 11H30	10H30 – 11H30	10H30 – 12H00
ABDOS FESSIERS	BALANCE ATTITUDE	BODYPUMP	YOGA	PILATES	CROSS TRAINING
11H00 – 11H30		11H00 – 11H45	11H30 – 12H00		12H00 – 13H00
STRETCHING		STRETCHING	BALANCE ATTITUDE		BIKING
12H30 – 13H30	12H30 – 13H30	12H30 – 13H30	12H15 – 13H30	12H30 – 13H30	
BODYPUMP	BIKING	XTREME BODY	CROSS TRAINING	BIKING	
	17H30 – 18H30	17H00 – 18H00			
	CROSS TRAINING	YOGA			
18H00 – 19H00	18H30 – 19H30	18H00 – 18H45	18H30 – 19H30		
BODYPUMP	BODYCOMBAT	BIKING	CORE TRAINING		
19H00 – 20H00	19H30 20H30 / 19H30 20H45	18H45 – 19H45	19H30 – 20H30		
BIKING / STEP	BODY SCULPT	ZUMBA	BODYPUMP		
	20H30 20H45	19H45– 20H30			
	STRETCH	ABDOS FESSIERS STRETCH			

H.I.T.T TRAINING