

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

CANNES LA BOCCA

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
09h15-10h15		09h15-10h15		09h15-10h15		09h30-10h30		09h00-10h00		09h15-10h15			
EXTRAVADANZA (COACH JOËL)		BODY PUMP (COACH ANNA LENA)		CAF (COACH JOËL)		SPINNING (COACH PAULA)		PILATES (COACH CAMILLE)		PILATES (COACH RACHEL)			
10h15-11h15		10h30-11h30		10h15-11h15		10h30-11h30		10h00-11h30		10h30-11h30		10h00-11h00	
CAF (COACH JOËL)		BODY BALANCE (COACH CATHY)		STRETCHING (COACH JOËL)		PILATES (COACH PAULA)		YOGA (COACH CAMILLE)		BODY PUMP (COACH CATHY)		BODY PUMP (COACH MATTHIEU)	
11h15-12h15								12h30-13h30		11h30-12h15		11h00-12h00	
STRETCHING (COACH JOËL)								EXTRAVADANZA (JOËL)	SPINNING (PAULA)	RPM (COACH CATHY)		SPINNING (COACH MATTHIEU)	
12h30-13h30		12h30-13h30		12h30-13h30		12h30-13h30						12h00-13h00	
BODY PUMP (COACH JOËL)	SPINNING (CATHY)	RPM (ANNA LENA)	PILATES (NATHALIE)	BODY SCULPT (COACH JOËL)		CAF (SABRINA)	SPINNING (PAULA)					BODY BALANCE (COACH MATTHIEU)	
		14h30-16h30		16h30-17h15				14h30-16h30		14h00-15h00			
		YOGA (COACH FRANÇOISE)		DÉCOUVERTE (COACH EMILIE)				YOGA (COACH FRANÇOISE)		PILATES (COACH PAULA)			
17h30-18h30		17h30-18h30		17h30-18h30		17h30-18h30		17h30-18h15					
BODY ATTACK (COACH LOIC)		ZUMBA (COACH SOPHIE)		BODY PUMP (COACH ÉMILIE)		STEP (COACH DORINE)		CAF (COACH CATHY)					
18h30-19h30		18h30-19h30		18h30-19h30		18h30-19h30		18h15-19h00					
SPINNING (LOIC)	BODY PUMP (JOËL)	BODY SCULPT (COACH LOIC)		RPM (ANNA)	HIT STEP RENFO (EMILIE)	SPINNING (PAULA)	BODY COMBAT (DORINE)	STRETCH (COACH CATHY)					
		19h30-20h15		19h30-20h30		19h30-20h30		19h00-19h45	19h30-20h30				
		PILATES (COACH LOIC)		BODY BALANCE (COACH ANNA)		BODY PUMP (COACH DORINE)		RPM (CATHY)	ZUMBA (SOPHIE)				