

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

FRÉJUS LA PALUD

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h30-10h30	09h30-10h30		09h30-10h30	09h30-10h30	09h30-10h30
CAF COACH QUENTIN	RPM COACH CÉCILE		CIRCUIT TRAINING COACH QUENTIN	BODY COMBAT COACH LUC	BODY PUMP COACH LUC
10h30-11h30	10h30-11h30		10h30-11h30	10h30-11h30	10h30-11h30
BODY PUMP COACH QUENTIN	PILATES COACH CÉCILE		RPM COACH QUENTIN	MOBILITÉ/STRETCHING COACH LUC	RPM COACH LUC
12h30-13h30	12h30-13h30	12h30-13h30	12h30-13h30	12h30-13h30	
BODY COMBAT COACH LUC	BODY BALANCE COACH CÉCILE	RPM COACH CÉCILE	CAF COACH QUENTIN	RPM COACH LUC	
18h30-19h30	18h30-19h30		18h30-19h30	18h00-19h00	
RPM COACH CÉCILE	BODY COMBAT COACH QUENTIN		BODY PUMP COACH QUENTIN	CAF COACH QUENTIN	
19h30-20h30	19h30-20h30		19h30-20h30	19h00-20h00	
BODY JAM COACH CÉCILE	BODY PUMP COACH QUENTIN		RPM COACH QUENTIN	BODY COMBAT COACH QUENTIN	

RÉSERVATION OBLIGATOIRE sur  l'application FitnessPark.