


PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

FRÉJUS TASSIGNY

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
09h30-10h30	09h30-10h30	09h30-10h30	09h30-10h30	09h30-10h30
BODY PUMP COACH CÉCILE	BODY SCULPT COACH QUENTIN	PILATES COACH CÉCILE	BIKING COACH CÉCILE	GYM ACTIVE COACH QUENTIN
10h30-11h30	10h30-11h30	10h30-11h30	10h30-11h30	10h30-11h30
BODY BALANCE COACH CÉCILE	MOBILITÉ/STRETCHING COACH QUENTIN	ZUMBA COACH CÉCILE	YIN YOGA COACH CÉCILE	PILATES COACH QUENTIN
12h30-13h30				
BIKING COACH QUENTIN				
17h30-18h30	17h30-18h30	17h30-18h30	17h30-18h30	17h30-18h30
BIKING	CARDIO BOXE COACH LUC	BODY PUMP COACH CÉCILE	PILATES COACH CÉCILE	CIRCUIT TRAINING COACH LUC
18h30-19h30	18h30-19h30	18h30-19h30	18h30-19h30	18h30-19h30
CIRCUIT TRAINING	CAF COACH LUC	BODY BALANCE COACH CÉCILE	BODY JAM COACH CÉCILE	BIKING COACH LUC

RÉSERVATION OBLIGATOIRE sur  l'application FitnessPark.