

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

DIJON

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h00-10h45			10h00-10h45		10h00-10h45
BODY SCULPT			BODY SCULPT		BIKING
12h30-13h15	12h30-13h15		12h30-13h15	12h30-13h15	11h00-11h45
STEP	CROSS TRAINING		CAF	FITPUMP	CROSS TRAINING
17h30-18h15	17h30-18h15	17h30-18h15	17h30-18h15	17h30-18h15	
FIT PUMP	CCF	FIT PUMP	CAF	FIT STEP	
18h30-19h15	18h30-19h15	18h30-19h15	18h30-19h15	18h30-19h15	
BIKING	FIT PUMP	HYROX	CROSS TRAINING	BIKING	
19h20-19h50	19h20-19h50	19h20-19h50	19h20-19h50	19h20-19h50	
100% ABDOS	ARMS TRAINING	STRETCHING	100% ABDOS	MOBILITY	