

PLANNING DES COURS COLLECTIFS COACHÉS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	
18H15 - 19H15	18H15 - 19H15	18H30 - 19H15	18H15 - 19H	18H - 18H45	10H - 10H45	
ZUMBA	CAF	CIRCUIT TRAINING	CAF	FITNESS PUMP	CAF	
19H15 - 20H15	19H15 - 20H15	19H15 - 20H	19H - 19H45	18H45 - 19H30	10h45 - 11H15	
FITNESS PUMP	CROSS TRAINING	STEP DEBUTANT	BOOTCAMP	TABATA	FITNESS PUMP	
20H15 - 21H15		20H - 20H30	19H45 - 20H15	19h30 - 20H	11H15 - 12h	11h15 - 12h15
FITNESS ATTACK		SPECIAL FESSIER	BIKING	ABDOS FLASH	BOOTCAMP	ZUMBA
				20H - 20H30		
				BIKING		

FITNESS PARK

SE DÉPASSER - SE SURPASSER

FIGHT PARK

PLANNING FLEURY MEROGIS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

19h30 - 21h

19h30 - 21h

19h30 - 21h

19h30 - 21h

**BOXE
ANGLAISE**

KICKBOXING

**LADY
BOXING/CROSS**

BOXE THAI