


PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

BERGEVIN

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	
06h05-06h50	06h05-06h50	06h05-06h50	06h15-07h00	06h05-06h50	09h15-10h00	09h00-10h00
FIT RENFO ELSA	CYCLING KRY5	HIIT ELSA	CYCLING KRY5	CAF ELSA	HIIT ELSA	CYCLING KRY5
06h50-07h35	07h00-07h45	06h50-07h35	07h00-07h45	06h50-07h35	10h00-10h45	
STRETCHING ELSA	CIRCUIT TRAINING KRY5	FIT RENFO ELSA	CIRCUIT TRAINING KRY5	FIT ZEN ELSA	CAF ELSA	
	08h00-09h00				10h45-11h30	
	CYCLING KRY5				ZUMBA ELSA	
				17h30-18h15		
				STEP GUADELY		
	17h30-18h15		18h15-19h00	17h30-18h15		
	STEP GUADELY		CIRCUIT TRAINING ELSA	CIRCUIT TRAINING GUADELY		
18h15-19h00	18h15-19h00	18h15-19h00	19h00-19h45	18h20-19h20	MASTERCLASS INITIATION BOXE, YOGA, HIP-HOP, DANCEHALL...	
CYCLING ASHILLA	BODY BARRE ELSA	CYCLING ASHILLA	BODY SCULPT ELSA	CYCLING ASHILLA		
19h00-19h45	19h00-19h45	19h00-19h45	19h45-20h30	19h00-19h45		
SPÉCIAL ABDOS ASHILLA	FIT ZEN ELSA	ABDOS FESSIERS ASHILLA	STRETCHING ELSA	STRETCHING GUADELY		

RÉSERVE TON COURS sur  l'application FitnessPark DOM-TOM