

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

ARCUEIL

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					10h00-10h45
					HIIT PIERRE
12h15-13h00	12h15-13h00				10h45-11h30
BIKING MOUHAMED	CROSS TRAINING MOUHAMED				BODY BARRE PIERRE
					11h30-12h15
					PILATES PIERRE
		18h15-19h00			
		HIIT GÉRALD			
19h00-19h45	18h30-19h15	19h00-19h45	18h30-19h15	18h30-19h15	
BIKING ALEXIS	CROSS TRAINING PIERRE	BODY BARRE GÉRALD	BODY BARRE PIERRE	CROSS TRAINING ALEXIS	
19h45-20h30	19h15-20h00	19h45-20h30	19h15-20h00	19h15-20h00	
CROSS TRAINING ALEXIS	BODY BARRE PIERRE	BIKING GÉRALD	CARDIO BOXING PIERRE	CAF ALEXIS	
20h30-21h15	20h00-20h45	20h30-21h15	20h00-20h45	20h00-20h45	
CAF ALEXIS	STRETCHING PIERRE	PILATES GÉRALD	PILATES PIERRE	BIKING ALEXIS	