

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK
SE DÉPASSER - SE SURPASSER

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
12h30 - 13h30				12h30 - 13h30		
HYBRID TRAINING				HYBRID TRAINING		
18h30 - 19h15		18h30 - 19h15	18h00 - 18h45	18h30 - 19h15	18h30 - 19h30	
BODY CARDIO		BODY BARRE	CAF	BIKING	STEP	
19h15 - 19h30		19h15 - 20h	18h45 - 19h15	19h15 - 20h	19h30 - 20h15	
FLASH ABDOS		FIT DANCE	STRETCHING	BODY BARRE	PILATES	
19h30 - 20h30		20h - 20h45		20h - 20h30		
BIKING		YOGA FIT		STRETCHING		
COACH CORENTIN		COACH FABIEN		COACH EMERANCE		COACH BASTIEN

PLANNING DES COURS COLLECTIFS COACHÉS FIGHT PARK

FITNESS PARK
SE DÉPASSER - SE SURPASSER

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
		12h15 - 13h15				
		GRAPPLING				
18h30 - 19h30		18h - 19h	18h30 - 19h15	18h30 - 19h30	18h - 19h	
GRAPPLING		KICK BOXING	LADY FIGHTING	BOXE ANGLAISE	KICK BOXING	
19h30 - 20h30					19h - 20h	
FIGHT PARK RESERVE					FIGHT PARK RESERVE	

100% FEMMES