

PLANNING DES COURS COLLECTIFS COACHÉS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					10H CROSS TRAINING (DÉBUTANT)	
	12H30 CROSS TRAINING		12H30 FIT TRAINING		10H45 CROSS TRAINING (CONFIRMÉ)	
17H45 ABDOS FLASH						
18H15 FIT TRAINING	18H CAF	18H FIT RENFO	18H15 STRETCHING			
	18H30 CARDIO TRAINING	18H45 STEP CONFIRMÉ	18H30 PILATES			
	19H STEP DÉBUTANT		19H15 KICK & PUNCH			
	19H30 FIT TRAMPO	19H30 CARDIO MOVE				