

PROGRAMME DES ENTRAINEMENTS COLLECTIFS

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|--|-------------------------|-------------------------|------------------------|-------------------------|---------------|----------------|----------------|
| S T U D I O | 9h - 9h45 | 9h - 9h45 | 9h30 - 10h | 9h - 9h45 | 9h - 10h | | |
| | Total Body Conditioning | Body Sculpt | Circuit Training | Total Body Conditioning | Pilates | | |
| | 9h45 - 10h30 | 9h45 - 10h30 | 10h - 11h | 9h45 - 10h30 | | 10h - 10h30 | 10h30 - 11h |
| | Pilates | Stretching | Gym Douce | Abdos Taille Fessiers | | Abdos Fessiers | Abdos Fessiers |
| | | | | | | 10h30 - 11h15 | 11h - 11h45 |
| | | | | | | Body Sculpt | Body Sculpt |
| | 12h30 - 13h | 12h30 - 13h15 | 12h30 - 13h15 | 12h30 - 13h15 | 12h30 - 13h15 | 11h15 - 12h | 11h45 - 12h30 |
| | Fit Attack | Cuisses Abdos Fessiers | Body Cardio | Body Sculpt | Body Barre | Stretching | Stretching |
| | 13h - 13h45 | 13h15 - 13h45 | 13h15 - 13h45 | 13h15 - 13h45 | 13h15 - 13h30 | | |
| | Body Sculpt | Body Zen | Abdos Fessiers | Pilates | Stretching | | |
| 18h - 18h30 | 18h15 - 18h45 | 18h15 - 19h | 18h15 - 19h | 18h15 - 19h | | | |
| Abdos Fessiers | Body Cardio | Body Barre | Cuisses Abdos Fessiers | Body Sculpt | | | |
| 18h30 - 19h15 | 18h45 - 19h30 | 19h - 20h | 19h - 19h30 | 19h - 19h45 | | | |
| Body Barre | Body Sculpt | Total Body Conditioning | Poitrine Bras Dos | Cuisses Abdos Fessiers | | | |
| 19h15 - 20h15 | 19h30 - 20h15 | 20h - 20h30 | 19h30 - 20h15 | 19h45 - 20h30 | | | |
| Pilates | Cuisses Abdos Fessiers | Abdos Fessiers | Circuit Training | Circuit Training | | | |
| 20h15 - 21h | 20h15 - 21h | 20h30 - 21h | 20h15 - 21h | | | | |
| Circuit Training | Cross Training | Stretching | Stretching | | | | |

N'HESITEZ PAS
A DEMANDER
CONSEIL AUPRES
DE VOTRE
COACH

MUSCULATION - CARDIO TRAINING

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|-------|-------|----------|-------|----------|--------|----------|
| | | | | | | |

Plan d'entraînement individualisé et suivi de l'entraînement aux heures ci-dessus.
Egalement, entraînement libre aux heures d'ouverture du club.