

PROGRAMME DES ENTRAINEMENTS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
9h - 10h	Pilates (Intermédiaire)	Body Balance	Body Balance		Yoga	Body Pump	
10h - 11h	Pilates (Débutant)	Abdos Fessiers	Pilates (Débutant)	Cuisses Abdos Fessiers	Pilates (Débutant)	Abdos Fessiers	Body Balance
11h45 - 12h15	Poitrine Bras Dos	Poitrine Bras Dos		Barre au Sol	Pilates (Intermédiaire)	Total Body Conditioning	Abdos Fessiers
12h15 - 13h	Cuisses Abdos Fessiers	Stretching	Abdos Fessiers	Body Balance		Stretching	Poitrine Bras Dos
13h - 13h45	Culture Physique	Body Pump	Body Combat	Abdos Fessiers	Body Pump	Barre au Sol	Body Pump
		Yoga	Body Balance	Circuit Training	Body Balance	Culture Physique	Zumba
15h - 16h				Stretching		Stretching	Abdos Taille
16h - 17h				Stretching			Abdos Taille
				Yoga			Body Balance
17h - 18h	Pilates (Débutant)	Abdos Fessiers	Body Balance			Yoga	
18h - 18h45	Total Body Conditioning	Poitrine Bras Dos	Abdos Fessiers	Cuisses Abdos Fessiers			
18h45 - 19h15	Abdos Fessiers	Body Combat	Hit Fit	Body Balance	Zumba		
19h15 - 19h45	Poitrine Bras Dos	Culture Physique	Stretching	Zumba	Culture Physique		
19h45 - 20h45	Body Balance	Stretching	Pilates (Intermédiaire)	Culture Physique	Stretching		
20h45 - 21h30	Cuisses Abdos Fessiers						

N'HESITEZ PAS A DEMANDER CONSEIL AUPRES DE VOTRE COACH

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
11h - 12h				Cross Training		TRX Suspension Training	
12h - 12h45				TRX Suspension Training		Cross Training	TRX Suspension Training
12h15 - 13h				TRX Suspension Training			
13h45 - 14h30	TRX Suspension Training						
11h30 - 12h15				TRX Suspension Training			
13h - 14h							
13h - 13h45							
17h30 - 18h15					TRX Suspension Training		
18h15 - 19h	TRX Suspension Training						
19h - 19h45	TRX Suspension Training						
18h15 - 19h							
18h15 - 19h							
17h15 - 18h							
18h45 - 19h30							
18h15 - 19h							
19h - 19h45							
19h30 - 20h30							

NOMBRE DE PLACES LIMITE POUR CETTE ZONE

CIRCUIT FEMININ

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI

MUSCULATION - CARDIO TRAINING

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE