

PLANNING COURS COLLECTIFS



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h00	CAF 45'	HIIT 45'	Circuit training 45'		Body barre 10h30 45'	Bike 45'
11h00	Pilate 45'					Body zen 45'
12h20		Abdos/Streching 45'		Bike 45'	Circuit training 45'	
18h10	CAF 17H45 45'	Body barre 45'	Boxe training 45'	Circuit training 45'	HIIT 17H45 45' Kick Boxing 18h10 45'	
19h00	Bike 18H35 45'	TRX 30'	CAF 45'	Bike 45'	Abdos/Streching 18h35 45'	
19h15		Yoga 60'				
19h30	Zumba 60'	TRX 30'				

Semaine paire Kick Boxing 18h10
Semaine impaire HIIT 17h45 et Abdos/Streching 18h35