

# PLANNING COURS COLLECTIFS 2022

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7H00	<b>7H00-7H45 : COURS PRIVILEGE</b>					<b>9H - 15H</b>
8H15	<b>BIKE</b>	<b>BODY BARRE</b>	<b>CARDIO STEP</b>	<b>CAF</b>	<b>FULL BODY</b>	
9H15	<b>GYM TRAD</b>	<b>CAF</b>	<b>GYM TRAD</b>	<b>GYM KINE</b>	<b>PILATES</b>	<b>GYM TRAD</b>
10H15	<b>STRETCHING</b>	<b>GYM KINE</b>	<b>STRETCHING</b>	<b>ÉLASTIQUE</b>	<b>ABDOS</b>	<b>BIKE</b>
11H						<b>CROSS TRAINING</b>
12H30	<b>CAF</b>	<b>PILATES</b>	<b>CROSS TRAINING</b>	<b>BODY BARRE</b>	<b>YOGA</b>	<b>12H A 15H</b>
15H		<b>GYM KINE</b>	<b>KRAV MAGA (enfants)</b> 14H30 - 15H30 : 4 - 8 ans 15H30 - 16H30 : 8 - 13 ans  <b>16H30 - 17H30 KRAV MAGA (adultes)</b>	<b>GYM TRAD</b>		<b>ENTRAINEMENT LIBRE</b>
17H15	<b>17H30 : 100% ABDOS</b>		<b>100% ABDOS</b>	<b>GYM KINE</b>	<b>CAF</b>	<b>DIMANCHE</b>
18H15	<b>GYM KINE</b>	<b>CAF</b>	<b>GYM KINE</b>	<b>YOGA 18H05</b>	<b>CAF</b>	<b>BIKE</b>
19H05	<b>BODY BARRE</b>	<b>BIKE</b>	<b>BODY BARRE</b>	<b>CROSS TRAINING</b>		<b>ENTRAINEMENT LIBRE</b>
20H	<b>BOXE</b>			<b>BOXE</b>		

21H	FERMETURE 21H	
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