

PLANNING DE COURS COLLECTIFS 2019/2020

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8H15	BIKE	BODY BARRE	CARDIO GYM / STRETCH	CAF	BODY SPIRIT	9H - 17H
9H15	GYM TRAD	CAF	GYM DOUCE	GYM KINE	PILATES	GYM TRAD
10H15	ETIREMENTS	GYM KINE	ETIREMENTS	PILATES	CAF	BIKE
11H						CROSS TRAINING
12H30	PILATES	BAF	CROSS TRAINING	BODY BARRE	SPEED BIKE 30' ABDOS FLASH	12H A 17H ENTRAINEMENT LIBRE
15H	BAF	GYM KINE	KRAV MAGA (enfants) 14h30 - 15h30 : 4-8 ans 15h30 - 16h30 : 8-13 ans 16H30 - 17H30 KRAV MAGA (adultes) 17H30 : FLASH ABDOS	GYM DOUCE	CARDIO GYM 30'	
17H15	SPEED BIKE / ABDOS	CARDIO GYM / STRETCH		GYM KINE	BAF	
18H15	GYM KINE	CAF	GYM KINE	18H YOGA	BIKE	9H - 13H
19H05	BODY BARRE	GYM KINE	BODY BARRE	BOXE		10H-11H : YOGA
20H	BOXE	SPEED BIKE 30' CROSS TRAINING	FLASH ABDOS	SALSA		
21H	FERMETURE 21H					