






PLANNING DES COURS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	COACHING	COACHING	COACHING	COACHING	COACHING
11H45 à 13H45	RENFO niveau débutant 12h00-12h45	PILATES niveau 1 12h00-12h45	RENFO BOXE niveau avancé 12h00-12h45	FUNCTIONAL TRAINING 17h45-18h30	BALANCE FORME 12h00-12h45
	STRETCHING 12h45-13h30	PILATES niveau 2 12h45-13h30	CAPOEIRA 12h45-13h30	STICK MOBILITY 12h45-13h30	BODY BARRE 12h45-13h30
	COACHING	COACHING	COACHING	COACHING	COACHING
	COACHING	COACHING		COACHING	COACHING
17H30 à 19H30	RENFO niveau avancé 17h45-18h30	CARDIO FIT 17h45-18h30		FUNCTIONAL TRAINING 17h45-18h30	ZUMBA 17h45-18h30
	SMOVEY 18h30-19h15	CROSS TRAINING 18h30-19h15		BODY BARRE 18h30-19h15	SOS DOS 18h30-19h15
	COACHING	COACHING		COACHING	COACHING

	Cours Renforcement Musculaire		Cours de Pilates
	Cours Cardio		Cours spécialisés
	Cours Zen		