

PLANNING DU FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07h30 à 09h30	COACHING	COACHING	COACHING	COACHING	COACHING
	BIKING 8h00-8h45	FUNCTIONAL TRAINING 8h00-8h45	PRAMA 8h00-8h45	RMG 8h00-8h45	TRX 8h00-8h45
	COACHING	COACHING	COACHING	COACHING	COACHING
11h30 à 14h30	COACHING	COACHING	COACHING	COACHING	COACHING
	BIKING 12h15-13h00	ZUMBA 12h10-12h55	BODY BARRE 12h10-12h55	FUNCTIONAL TRAINING 12h15-13h00	BIKING 12h10-12h55
	FUNCTIONAL TRAINING 13h00-13h45	PRAMA 12h45-13h30	CAF TRAINING 12h45-13h30	TRX 12h30-13h15	YOGA 12h30-13h30
		YOGA 13h00-14h00	STRETCHING 13h00-13h45	CAF TRAINING 13h00-13h45	BALANCE FORME 12h30-13h15
	COACHING	COACHING	COACHING	COACHING	TRX 13h00-13h45
17h00 à 21h00	COACHING	COACHING	COACHING	COACHING	COACHING
	FUNCTIONAL TRAINING 18h15-19h00	TRX 18h10-18h55	PRAMA 18h00-18h45	BIKING 18h00-18h45	
	RMG 19h00-19h45	CAF TRAINING 19h00-19h45	FUNCTIONAL TRAINING 18h45-19h30	PILATES 18h45-19h45	
	COACHING	COACHING	COACHING	COACHING	

Cours de Renforcement
 Cours Cardio
 Cours de Pilates
 Cours de Yoga
 Cours bien être
 Cours de Prama

En cas d'absence de coach certains cours pourront être remplacés

11h30
à
19h00