

PLANNING

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

7H30
à
9H30


COACHING
REVEIL MUSCULAIRE 8h00-8h30
COACHING


11H30
à
14H00


COACHING	COACHING	COACHING	COACHING	COACHING
CIRCUIT TRAINING 12h15-13h00	RMG 12h15-13h00	MOBILITY TRAINING 12h15-13h00	BALANCE FORME 12h15-13h00	CAF 12h15-13h00
COACHING	COACHING	COACHING	COACHING	COACHING


17H00
à
19H00

COACHING	COACHING		COACHING	
CAF 18h00-18h45	CIRCUIT TRAINING 18h00-18h45		RMG 18h00-18h45	
COACHING	COACHING		COACHING	

 Cours Zen

 Cours de renforcement musculaire

 Cours Cardio

 Professeur disponible pour conseils sur parc machines