

PLANNING DE COURS COLLECTIFS 2018/2019

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7H30	7H30 - 8H : COURS PRIVILEGE					9H - 17H
8H15	BIKE	BODY BARRE	BIKE	CAF	BODY SPIRIT	
9H15	GYM TRAD	CAF	GYM DOUCE	GYM KINE	PILATES	GYM TRAD
10H15	CORPS ETIREMENTS	GYM KINE	CORPS ETIREMENTS	CORPS STABILITE NIVEAU 2	CAF	BIKE
11H						CROSS TRAINING / FOOTING
12H30	PILATES	CAF	CROSS TRAINING	CORPS EQUILIBRE	SPEED BIKE 30' ABDOS FLASH 30'	12H A 17H ENTRAINEMENT LIBRE
15H	CORPS STABILITE NIVEAU 2	GYM KINE	KRAV MAGA enfants 14h30 -15h30 : 4 - 8 ans 15h30 - 16h30 : 8 à 13 ans KRAV MAGA ado/adultes 16h30 - 17h30 17H30 : FLASH ABDOS	GYM DOUCE	PREPA PHYSIQUE GOLF	
17H15	BIKE	PREPA PHYSIQUE GOLF		GYM KINE	CAF	DIMANCHE
18H15	GYM KINE	CAF	GYM KINE	18H YOGA	BIKE	9H - 13H
19H05	BODY BARRE	GYM KINE	BODY BARRE	BOXE		10H : YOGA
20H	BOXE	SPEED BIKE 30' CROSS TRAINING	CROSS TRAINING	SALSA		
	FERMETURE 21H					