

Salle 1 Boxe-Training

planning des cours

	lun 13/05	mar 14/05	mer 15/05	jeu 16/05	ven 17/05	sam 18/05	dim 19/05
7h00							
8h00	hard training	cross training	bootcamp	hard training	bootcamp		
9h00	cross training	abdos choco cross training	abdos choco cross training	hard training	cross training	cross training	hard training
10h00	street workout		street workout	bootcamp	kettlebell	bootcamp	muay thai
11h00	bootcamp	hard training	cross training	hard training	all 4 the butt	instability	cross training
12h00	all 4 the butt	cross training	kettlebell	cross training	boxe française	cross training	instability
13h00	instability	bootcamp	cross training	boxe anglaise	cross training	all 4 the butt	cross training
14h00							
15h00							
16h00				all 4 the butt			
17h00	hard training	instability	hard training	cross training	bootcamp	bootcamp	cross training
18h00	cross training	hard training	boxe anglaise	hard training	cross training	all 4 the butt	cross training
19h00	cross training	cross training	cross training	cross training	bootcamp	cross training	
20h00	bootcamp	bootcamp	bootcamp	bootcamp			
21h00	muay thai	cross training	cross training				
22h00							
23h00							



Salle 2 Yoga Danse

planning des cours

	lun 13/05	mar 14/05	mer 15/05	jeu 16/05	ven 17/05	sam 18/05	dim 19/05
7h00			yoga vinyasa				
8h00	pilates	m'gym		m'gym	yoga vinyasa		
9h00	yoga hatha	yoga vinyasa	pilates	pilates	m'gym		
10h00		m'stretch	all 4 the butt	yoga hatha		yoga hatha	yoga vinyasa
11h00	m'gym				yoga fondations		yoga for beginners
12h00	abdos choco m'stretch	animal move	yoga vinyasa	all 4 the butt		m'gym	hand stand
13h00	hand stand	all 4 the butt	Gym Flow	boxe française	pilates	m'stretch	
14h00	yoga vinyasa	yoga vinyasa	classique yoga		yoga vinyasa	yoga vinyasa	m'stretch
15h00							m'pole (débutant)
16h00							
17h00	yin yoga	pilates			m'stretch	m'gym	yin & sound
18h00	yoga hatha	yoga vinyasa	yin yoga	yin yoga	pilates	yoga vinyasa	
19h00	yoga vinyasa	m'gym	pilates	m'gym			
20h00		all 4 the butt	m'gym	pilates	yoga vinyasa		
21h00	m'gym	waacking therapy	m'pole (niveau intermédiaire)	hand stand	m'pole (niveau intermédiaire)		
22h00	pilates						
23h00							



	lun 13/05	mar 14/05	mer 15/05	jeu 16/05	ven 17/05	sam 18/05	dim 19/05
7h00							
8h00	m'spinning						
9h00			hard spinning				
10h00							
11h00						m'spinning	
12h00							
13h00		m'spinning					
14h00							
15h00							
16h00							
17h00							
18h00	hard spinning						
19h00	m'spinning	m'spinning					
20h00	m'spinning	m'spinning	m'spinning	m'spinning			
21h00	m'spinning						
22h00							
23h00							



	lun 13/05	mar 14/05	mer 15/05	jeu 16/05	ven 17/05	sam 18/05	dim 19/05
7h00							
8h00			prépa run				
9h00							
10h00							
11h00						prépa run	
12h00							
13h00	run & train						
14h00							
15h00							
16h00							
17h00							
18h00							
19h00		prépa run					
20h00			run outdoor MRC				
21h00							
22h00							
23h00							

