

Salle 2 Yoga Danse

planning des cours

	lun 16/09	mar 17/09	mer 18/09	jeu 19/09	ven 20/09	sam 21/09	dim 22/09
7h00							
8h00	pilates	yoga vinyasa			yoga hatha		
9h00			pilates		m'gym	yoga hatha	yoga hatha
10h00	m'gym			yoga hatha			yoga vinyasa
11h00		m'stretch		pilates		m'gym	hand stand
12h00		m'gym		boxe française	pilates booty	m'stretch	back therapy
13h00	yoga vinyasa	boxe anglaise	classique yoga	m'gym	classique yoga	animal move	
14h00							
15h00							
16h00							
17h00							m'gym
18h00	acroyoga	yoga vinyasa		yoga vinyasa	boxe anglaise	yoga vinyasa	pilates
19h00	yoga vinyasa	pilates booty	pilates				
20h00	m'gym	body résistance	hip hop yoga	m'gym	m'pole		
21h00	danse africaine	m'pole	hand stand	all 4 the butt			
22h00							
23h00							



Salle 1 Boxe-Training

planning des cours

	lun 16/09	mar 17/09	mer 18/09	jeu 19/09	ven 20/09	sam 21/09	dim 22/09
7h00	hard training	cross training	bootcamp	hard training	bootcamp		
8h00		abdos choco	abdos choco kettlebell	abdos choco hard training			
9h00						prépa-run	
10h00						instability	cross training
11h00						bootcamp	muay thai
12h00	all 4 the butt	all 4 the butt	cross training	bootcamp	boxe française	cross training	instability
13h00	abdos choco	kettlebell	abdos choco	boxe anglaise	cross training	all 4 the butt	
14h00							
15h00							
16h00							
17h00							
18h00		hard training	kettlebell	kick-boxing			
19h00	cross training bootcamp	kick-boxing	bootcamp	cross training	bootcamp		
20h00	muay thai	cross training	cross training	street workout			
21h00							
22h00							
23h00							



	lun 16/09	mar 17/09	mer 18/09	jeu 19/09	ven 20/09	sam 21/09	dim 22/09
7h00			m'spinning				
8h00							
9h00							
10h00							
11h00							m'spinning
12h00						m'spinning	
13h00							
14h00							
15h00							
16h00							
17h00							
18h00				m'spinning			
19h00	m'spinning	m'spinning	m'spinning				
20h00							
21h00							
22h00							
23h00							

