

Salle 2 Yoga Danse

planning des cours

	lun 30/03	mar 31/03	mer 01/03	jeu 02/03	ven 03/03	sam 04/03	dim 05/03
7h00							
8h00	pilates	yoga vinyasa			yoga hatha		
9h00			pilates		m'gym	yoga hatha	yoga hatha
10h00	m'gym	acroyoga		yoga hatha	dynamic pilates		yoga vinyasa
11h00				pilates		m'gym	hand stand
12h00	abdos choco m'stretch	m'gym	classique yoga	boxe française	pilates booty	m'stretch	m'stretch
13h00	yoga vinyasa	boxe anglaise	hand stand	m'gym	classique yoga	animal move	danse africaine
14h00							
15h00							
16h00							
17h00							m'gym
18h00	yoga hatha	yoga vinyasa		yoga vinyasa	danse hip hop	yoga vinyasa	pilates
19h00	yoga vinyasa	pilates booty	pilates				
20h00	m'gym	body résistance	hip hop yoga	m'gym	m'pole (débutant)		
21h00	yoga vinyasa	m'pole (tout niveaux)	m'gym	all 4 the butt	m'pole (confirmé)		
22h00							
23h00							



Salle 1 Boxe-Training

planning des cours

	lun 30/03	mar 31/03	mer 01/03	jeu 02/03	ven 03/03	sam 04/03	dim 05/03
7h00	hard training	cross training	bootcamp	hard training			
8h00		abdos choco	abdos choco	abdos choco			
9h00	cross training	cross training	kettlebell	hard training		cross training	
10h00				back therapy		instability	cross training
11h00					cross training	bootcamp	muay thai
12h00	all 4 the butt	all 4 the butt	bootcamp	bootcamp	boxe française	cross training	instability
13h00	instability	kettlebell	boxing bag	boxe anglaise	cross training	all 4 the butt	
14h00			cross training				
15h00							
16h00							all 4 the butt
17h00							street workout
18h00	cross training	hard training			boxe anglaise		
19h00	cross training	kick-boxing	kettlebell	kick-boxing	bootcamp		
20h00	bootcamp	cross training	bootcamp	cross training			
21h00	muay thai	cross training	cross training	bootcamp			
22h00			cross training				
23h00							



	lun 30/03	mar 31/03	mer 01/03	jeu 02/03	ven 03/03	sam 04/03	dim 05/03
7h00			m'spinning				
8h00							
9h00							
10h00							
11h00							m'spinning
12h00							
13h00		m'spinning				m'spinning	
14h00							
15h00							
16h00							
17h00							
18h00				m'spinning			
19h00	m'spinning	m'spinning	m'spinning				
20h00							
21h00							
22h00							
23h00							



	lun 30/03	mar 31/03	mer 01/03	jeu 02/03	ven 03/03	sam 04/03	dim 05/03
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17h00							
18h00							
19h00							
20h00			run outdoor MRC				
21h00							
22h00							
23h00							

