

# Salle 2 Yoga Danse

# planning des cours

	lun 23/11	mar 24/11	mer 25/11	jeu 26/11	ven 27/11	sam 28/11	dim 29/11
7h00							
8h00	pilates		yoga vinyasa		yoga hatha		
9h00		yoga vinyasa	pilates		m'gym	yoga hatha	yoga hatha
10h00				yoga hatha	dynamic pilates		yoga vinyasa
11h00	fit flow		the moment	pilates		m'gym	hand stand
12h00	abdos choco m'stretch	all 4 the butt	classique yoga	boxe française	all 4 the butt	m'stretch	m'stretch
13h00	yoga vinyasa	m'gym	hand stand	m'gym	classique yoga	animal move	
14h00							
15h00							
16h00							
17h00							m'gym
18h00	yoga hatha	yoga vinyasa		yoga vinyasa	danse hip hop	yoga vinyasa	pilates
19h00	yoga vinyasa	m'gym	pilates				
20h00	m'gym	all 4 the butt	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			hand stand				
23h00							



# Salle 1 Boxe-Training

# planning des cours

	lun 23/11	mar 24/11	mer 25/11	jeu 26/11	ven 27/11	sam 28/11	dim 29/11
7h00	hard training	cross training	bootcamp	hard training	bootcamp		
8h00		abdos choco	abdos choco	abdos choco			
9h00	cross training	cross training	kettlebell	hard training		cross training	hard training
10h00				back therapy		instability	muay thai
11h00	bootcamp				cross training	bootcamp	cross training
12h00	all 4 the butt	boxing bag	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							
17h00							
18h00	cross training	hard training		kick-boxing	boxe anglaise		
19h00	cross training	kick-boxing	kettlebell		bootcamp		
20h00	bootcamp	cross training	bootcamp	cross training			
21h00	muay thai	cross training	cross training	bootcamp			
22h00	hard training		cross training	bootcamp			
23h00							



	lun 23/11	mar 24/11	mer 25/11	jeu 26/11	ven 27/11	sam 28/11	dim 29/11
7h00			m'spinning				
8h00							
9h00							
10h00							
11h00							m'spinning
12h00							
13h00							
14h00							
15h00							
16h00							
17h00							
18h00				m'spinning			
19h00	m'spinning	m'spinning	m'spinning				
20h00	m'spinning						
21h00							
22h00							
23h00							



	lun 23/11	mar 24/11	mer 25/11	jeu 26/11	ven 27/11	sam 28/11	dim 29/11
7h00							
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17h00							
18h00							
19h00							
20h00			run outdoor MRC				
21h00							
22h00							
23h00							

