

Salle 1 Boxe-Training

planning des cours

	lun 26/07	mar 27/07	mer 28/07	jeu 29/07	ven 30/07	sam 31/07	dim 01/07
7h00	hard training	cross training	bootcamp	hard training	bootcamp		
8h00		abdos choco	abdos choco	abdos choco			
9h00						cross training	hard training
10h00						instability	muay thai
11h00	bootcamp					bootcamp	cross training
12h00	all 4 the butt	boxing bag		cross training	boxe française	cross training	instability
13h00	instability	bootcamp	cross training	boxe anglaise	cross training	all 4 the butt	
14h00							
15h00							
16h00							
17h00							
18h00	cross training	hard training	cross training	kick-boxing	boxe anglaise		
19h00	cross training	kick-boxing	cross training	cross training	bootcamp		
20h00	bootcamp	cross training	bootcamp	bootcamp			
21h00	muay thai	cross training	boxe anglaise				
22h00							
23h00							



Salle 2 Yoga Danse

planning des cours

	lun 26/07	mar 27/07	mer 28/07	jeu 29/07	ven 30/07	sam 31/07	dim 01/07
7h00	yoga for runners		yoga vinyasa				
8h00		yoga vinyasa	pilates				
9h00				yoga hatha			yoga hatha
10h00							yoga vinyasa
11h00					pilates	m'gym	hand stand
12h00	abdos choco m'stretch		classique yoga	boxe française	all 4 the butt	m'stretch	
13h00	classique yoga	m'gym	yoga vinyasa	m'gym	Flawless Yoga		
14h00							
15h00							
16h00							
17h00						yoga vinyasa	yoga for runners
18h00		yoga vinyasa					
19h00	yoga vinyasa	m'gym	pilates	m'gym			
20h00	m'gym	all 4 the butt	Flawless Yoga				
21h00				hand stand			
22h00							
23h00							



	lun 26/07	mar 27/07	mer 28/07	jeu 29/07	ven 30/07	sam 31/07	dim 01/07
7h00							
8h00	m'spinning						
9h00							
10h00							
11h00							
12h00						m'spinning	m'spinning
13h00							
14h00							
15h00							
16h00							
17h00							
18h00							
19h00	m'spinning	m'spinning			m'spinning		
20h00	m'spinning		m'spinning				
21h00							
22h00							
23h00							



	lun 26/07	mar 27/07	mer 28/07	jeu 29/07	ven 30/07	sam 31/07	dim 01/07
7h00							
8h00							
9h00							
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11h00							
12h00							
13h00							
14h00							
15h00							
16h00							
17h00							
18h00							
19h00							
20h00			run outdoor MRC				
21h00							
22h00							
23h00							

