

# Salle 2 Yoga Danse

# planning des cours

	lun 16/05	mar 17/05	mer 18/05	jeu 19/05	ven 20/05	sam 21/05	dim 22/05
7h00							
8h00	pilates	Gym Flow	yoga vinyasa	m'gym	yoga vinyasa		
9h00	yoga hatha	yoga vinyasa	pilates	pilates	m'gym		
10h00				yoga hatha		yoga hatha	yoga hatha
11h00	hand stand	animal move			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	yoga vinyasa	yoga vinyasa	m'gym	flawless Yoga	yoga vinyasa	
14h00							
15h00							
16h00							
17h00	yin yoga		yin yoga		hand stand		yoga vinyasa
18h00	yoga hatha	yoga vinyasa	pilates	yoga hatha	pilates	yoga vinyasa	Gym Flow
19h00	yoga vinyasa	m'gym	flawless Yoga	m'gym	yoga vinyasa		
20h00	m'gym	all 4 the butt		pilates			
21h00	yoga vinyasa	danse hip hop		hand stand			
22h00							
23h00							



# Salle 1 Boxe-Training

# planning des cours

	lun 16/05	mar 17/05	mer 18/05	jeu 19/05	ven 20/05	sam 21/05	dim 22/05
7h00	hard training	cross training	bootcamp	hard training	bootcamp		
8h00		abdos choco	abdos choco	abdos choco			
9h00	cross training	cross training	cross training	hard training		cross training	hard training
10h00		abdos choco				instability	muay thai
11h00	bootcamp					bootcamp	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	
14h00							
15h00							
16h00							
17h00	hard training	instability	hard training	cross training	bootcamp	all 4 the butt	cross training
18h00	cross training	hard training	cross training	kick-boxing	boxe anglaise	cross training	cross training
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							



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



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

