

Salle 2 Yoga Danse

planning des cours

	lun 08/08	mar 09/08	mer 10/08	jeu 11/08	ven 12/08	sam 13/08	dim 14/08
7h00	pilates		yoga vinyasa	m'gym			
8h00	yoga hatha		pilates	pilates	m'gym		
9h00				yoga hatha			
10h00							
11h00			the moment		pilates	m'gym	hand stand
12h00	abdos choco	all 4 the butt	classique yoga	boxe française	yoga vinyasa	m'stretch	m'stretch
13h00	yoga vinyasa	yoga vinyasa	yoga vinyasa	m'gym	all 4 the butt	yoga vinyasa	
14h00							
15h00							m'pole (tout niveaux)
16h00							
17h00	yin yoga	pilates				yoga vinyasa	
18h00	yoga hatha	yoga vinyasa	pilates		pilates		
19h00	yoga vinyasa	m'gym		m'gym	yoga vinyasa		
20h00		all 4 the butt	m'pole (niveau intermédiaire)	pilates			
21h00				hand stand			
22h00							
23h00							



Salle 1 Boxe-Training

planning des cours

	lun 08/08	mar 09/08	mer 10/08	jeu 11/08	ven 12/08	sam 13/08	dim 14/08
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						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		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 08/08	mar 09/08	mer 10/08	jeu 11/08	ven 12/08	sam 13/08	dim 14/08
7h00							
8h00	m'spinning		hard spinning				
9h00							
10h00							
11h00							
12h00						m'spinning	m'spinning
13h00		m'spinning					
14h00							
15h00							
16h00							
17h00							
18h00							
19h00	hard spinning	hard spinning					
20h00	m'spinning						
21h00							
22h00							
23h00							



	lun 08/08	mar 09/08	mer 10/08	jeu 11/08	ven 12/08	sam 13/08	dim 14/08
7h00							
8h00							
9h00							
10h00							
11h00							
12h00							
13h00	run & train						
14h00							
15h00							
16h00							
17h00							
18h00							
19h00							
20h00			run outdoor MRC				
21h00							
22h00							
23h00							

