

	lun 05/12	mar 06/12	mer 07/12	jeu 08/12	ven 09/12	sam 10/12	dim 11/12
7h00							
8h00	pilates		yoga vinyasa	m'gym	yoga vinyasa		
9h00	yoga hatha	yoga vinyasa	pilates	pilates	m'gym	yoga hatha	yoga hatha
10h00				yoga hatha			yoga vinyasa
11h00	hand stand	animal move	the moment		pilates	m'gym	hand stand
12h00	abdos choco m'stretch	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			m'stretch		yoga vinyasa
18h00	yoga hatha	yoga vinyasa	yin yoga	yin yoga	pilates	yoga vinyasa	m'gym
19h00	yoga vinyasa	m'gym	pilates	m'gym	yoga vinyasa		
20h00	m'gym	all 4 the butt	m'gym	pilates			
21h00	pilates	danse hip hop	m'pole (niveau intermédiaire)	hand stand			
22h00							
23h00							



Salle 1 Boxe-Training

planning des cours

	lun 05/12	mar 06/12	mer 07/12	jeu 08/12	ven 09/12	sam 10/12	dim 11/12
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	hard training		all 4 the butt		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	prépa ski	cross training
18h00	cross training	hard training	cross training	kick-boxing	boxe anglaise	all 4 the butt	cross training
19h00	cross training	kick-boxing	cross training	cross training	bootcamp	cross training	
20h00	bootcamp	cross training	bootcamp	bootcamp			
21h00	muay thai	cross training	boxe anglaise	muay thai			
22h00							
23h00							



	lun 05/12	mar 06/12	mer 07/12	jeu 08/12	ven 09/12	sam 10/12	dim 11/12
7h00							
8h00	m'spinning		hard spinning				
9h00							
10h00							
11h00							
12h00				m'spinning		m'spinning	m'spinning
13h00		m'spinning					
14h00							
15h00							
16h00							
17h00							
18h00	hard spinning						
19h00	m'spinning	hard spinning					
20h00		m'spinning	m'spinning				
21h00	m'spinning						
22h00							
23h00							



	lun 05/12	mar 06/12	mer 07/12	jeu 08/12	ven 09/12	sam 10/12	dim 11/12
7h00							
8h00							
9h00							
10h00							
11h00						run & train	
12h00							
13h00	run & train						
14h00							
15h00							
16h00							
17h00							
18h00							
19h00	run & train						
20h00			run outdoor MRC				
21h00							
22h00							
23h00							

