

Salle 1 Boxe-Training

planning des cours

	lun 29/06	mar 30/06	mer 31/06	jeu 01/06	ven 02/06	sam 03/06	dim 04/06
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	cross training	hard training
10h00				bootcamp	kettlebell	bootcamp	muay thai
11h00	bootcamp	hard training	cross training for runners	hard training	all 4 the butt	instability	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	cross training
14h00							
15h00							
16h00				all 4 the butt			
17h00	hard training		hard training	cross training	bootcamp	bootcamp	cross training
18h00	cross training	hard training	cross training	hard training	boxe anglaise	all 4 the butt	cross training
19h00	cross training	cross training	cross training	cross training	bootcamp	cross training	
20h00	bootcamp	cross training	bootcamp	bootcamp			
21h00	muay thai	cross training					
22h00							
23h00							



	lun 29/06	mar 30/06	mer 31/06	jeu 01/06	ven 02/06	sam 03/06	dim 04/06
7h00			yoga vinyasa				
8h00	pilates	Gym Flow		m'gym	yoga vinyasa		
9h00	yoga hatha	yoga vinyasa	pilates	pilates	m'gym		yoga hatha
10h00			all 4 the butt	yoga hatha		yoga hatha	yoga vinyasa
			abdos choco				
11h00		animal move	the moment	all 4 the butt	pilates	m'gym	hand stand
12h00	abdos choco m'stretch	all 4 the butt	yoga vinyasa	boxe française	the moment	m'stretch	m'stretch
13h00	yoga vinyasa	yoga vinyasa	classique yoga	m'gym	yoga vinyasa	yoga vinyasa	
14h00							
15h00							m'pole (tout niveaux)
16h00							
17h00	yin yoga	pilates			m'stretch	m'gym	yoga vinyasa
18h00	yoga hatha	yoga vinyasa	yin yoga	yin yoga	m'gym	yoga vinyasa	Gym Flow
19h00	yoga vinyasa	m'gym	pilates	m'gym			
20h00	m'gym	all 4 the butt	m'gym	pilates			
21h00	pilates	danse hip hop	m'pole (niveau intermédiaire)	hand stand			
22h00							
23h00							



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7h00							
8h00							
9h00							
10h00							
11h00						prépa run	
12h00							
13h00	run & train						
14h00							
15h00							
16h00							
17h00							
18h00							
19h00	prépa run						
20h00		prépa run	run outdoor MRC				
21h00							
22h00							
23h00							



	lun 29/06	mar 30/06	mer 31/06	jeu 01/06	ven 02/06	sam 03/06	dim 04/06
7h00							
8h00							
9h00			hard spinning				
10h00							
11h00							
12h00				m'spinning		m'spinning	m'spinning
13h00		m'spinning					m'spinning
14h00							
15h00							
16h00							
17h00							
18h00							
19h00	hard spinning	hard spinning					
20h00	m'spinning	m'spinning	m'spinning		m'spinning		
21h00	m'spinning						
22h00							
23h00							



	lun 29/06	mar 30/06	mer 31/06	jeu 01/06	ven 02/06	sam 03/06	dim 04/06
7h00							
8h00							
9h00							
10h00							
11h00							
12h00							
13h00							
14h00							
15h00							
16h00							
17h00							
18h00							
19h00				cross training			
20h00							
21h00							
22h00							
23h00							

