

Salle 1 Boxe-Training

planning des cours

	lun 27/11	mar 28/11	mer 29/11	jeu 30/11	ven 01/11	sam 02/11	dim 03/11
7h00	hard training	cross training	bootcamp	hard training	bootcamp		
8h00		abdos choco	abdos choco				
	cross training	cross training	cross training	hard training	cross training		
9h00						cross training	hard training
10h00				bootcamp	kettlebell	bootcamp	muay thai
11h00	bootcamp	hard training	cross training	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	instability	hard training	cross training	bootcamp	bootcamp	cross training
18h00	cross training	hard training	boxe anglaise	hard training	boxe anglaise	all 4 the butt	cross training
19h00	cross training	boxe anglaise	cross training	cross training	bootcamp	cross training	
	bootcamp	cross training	bootcamp	bootcamp			
20h00	muay thai	cross training	cross training	muay thai			
21h00							
22h00							
23h00							



	lun 27/11	mar 28/11	mer 29/11	jeu 30/11	ven 01/11	sam 02/11	dim 03/11
7h00							
8h00	m'spinning			m'spinning	m'spinning		
9h00			hard spinning				
10h00							
11h00							
12h00				m'spinning			
13h00		m'spinning					
14h00							
15h00							
16h00							
17h00							
18h00							
19h00	hard spinning	m'spinning					
20h00	m'spinning	m'spinning	m'spinning				
21h00	m'spinning						
22h00							
23h00							



	lun 27/11	mar 28/11	mer 29/11	jeu 30/11	ven 01/11	sam 02/11	dim 03/11
7h00			yoga vinyasa				
8h00	pilates	Gym Flow		m'gym			
9h00	yoga hatha	yoga vinyasa	pilates	pilates	m'gym		
10h00	m'gym	m'stretch	all 4 the butt	yoga hatha		yoga hatha	yoga vinyasa
11h00	hand stand	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	yin yoga		m'stretch	m'gym	yoga vinyasa
18h00	yoga hatha	yoga vinyasa	pilates	yin yoga		yoga vinyasa	Gym Flow
19h00	yoga vinyasa	m'gym	m'gym	m'gym			
20h00	m'gym	all 4 the butt	m'gym	pilates	m'pole (tout niveaux)		
21h00	pilates	waacking therapy	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			run outdoor MRC				
21h00							
22h00							
23h00							

