Salle 1 Boxe-Training

planning des cours

	lun 22/04	mar 23/04	mer 24/04	jeu 25/04	ven 26/04	sam 27/04	dim 28/04
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
						bootcamp	
10h00	street workout		street workout		kettlebell		muay thai
				bootcamp		instability	
11h00	bootcamp	hard training	cross training		all 4 the butt		cross training
				hard training		cross training	
12h00	all 4 the butt						instability
		cross training	kettlebell	cross training	boxe française		
13h00	instability		cross training			all 4 the butt	
		bootcamp		boxe anglaise	cross training		cross training
14h00							
15h00							
16h00							
				all 4 the butt			
17h00	hard training	instability	hard training			bootcamp	cross training
				cross training	bootcamp		
18h00	cross training	hard training	boxe anglaise	hard training	boxe anglaise	all 4 the butt	cross training
						cross training	
19h00	cross training	boxe anglaise					
			cross training	cross training	bootcamp		
20h00	bootcamp	cross training	bootcamp	bootcamp			
	muay thai						
21h00		cross training	cross training	muay thai			
22h00							
23h00							

Salle 2 Yoga Danse

planning des cours

	lun 22/04	mar 23/04	mer 24/04	jeu 25/04	ven 26/04	sam 27/04	dim 28/04
7h00	pilates	Gym Flow	yoga vinyasa	m'gym	yoga vinyasa		
8h00	yoga hatha	yoga vinyasa	pilates	pilates	m'gym		
9h00		m'stretch	all 4 the butt	yoga hatha		yoga hatha	yoga hatha
10h00	m'gym				yoga fondation		yoga vinyasa
11h00	abdos choco m'stretch	animal move	yoga vinyasa	all 4 the butt		m'gym	hand stand
12h00	hand stand	all 4 the butt	Gym Flow	boxe française	pilates	m'stretch	m'stretch
13h00	yoga vinyasa	yoga vinyasa	classique yoga	m'gym	yoga vinyasa	yoga vinyasa	
14h00							
15h00							m'pole (débutant)
16h00							
17h00	yin yoga	pilates	yin yoga	yin yoga	m'stretch	m'gym	yin yoga
18h00	yoga hatha	yoga vinyasa	pilates	m'gym	pilates	yoga vinyasa	
19h00	yoga vinyasa	m'gym	m'gym	pilates	yoga vinyasa		
20h00	m'gym	all 4 the butt	m'pole (niveau intermédiaire)	hand stand	m'pole (niveau intermédiaire)		
21h00	pilates						
22h00							
23h00							

Salle 3 Vélo

planning des cours

	lun 22/04	mar 23/04	mer 24/04	jeu 25/04	ven 26/04	sam 27/04	dim 28/04
7h00	m'spinning						
8h00			hard spinning				
9h00							
10h00							
11h00						m'spinning	
12h00		m'spinning		m'spinning			
13h00							
14h00							
15h00							
16h00							
17h00							
18h00	hard spinning						
19h00	m'spinning	m'spinning	m'spinning	m'spinning			
20h00	m'spinning	m'spinning					
21h00							
22h00							
23h00							

Outdoor

planning des cours

	lun 22/04	mar 23/04	mer 24/04	jeu 25/04	ven 26/04	sam 27/04	dim 28/04
7h00							
8h00			prépa run				
9h00							
10h00							
11h00						prépa run	
12h00	run & train						
13h00							
14h00							
15h00							
16h00							
17h00							
18h00							
19h00		prépa run					
20h00			run outdoor MRC				
21h00							
22h00							
23h00							