Salle 1 Boxe-Training

planning des cours

	lun 07/10	mar 08/10	mer 09/10	jeu 10/10	ven 11/10	sam 12/10	dim 13/10
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	mobility training	hard training	cross training		all 4 the butt		cross training
				hard training		cross training	
12h00	all 4 the butt				boxe française		instability
		cross training	kettlebell	m'punching		all 4 the butt	
13h00	instability		cross training	boxe anglaise	cross training		m'punching
		bootcamp					
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	mobility training			
	muay thai						
21h00		cross training	cross training	muay thai			
22h00							
23h00							

Salle 2 Yoga Danse

planning des cours

	lun 07/10	mar 08/10	mer 09/10	jeu 10/10	ven 11/10	sam 12/10	dim 13/10
7h00							
	pilates	Gym Flow	yoga vinyasa	m'gym	yoga vinyasa		
8h00							
	yoga hatha	yoga vinyasa	pilates	pilates			
9h00							yoga hatha
			all 4 the butt	yoga hatha		yoga hatha	
		m'stretch					
10h00	m'gym						yoga vinyasa
					yoga vinyasa		
						m'gym	
11h00	abdos choco		yoga vinyasa				hand stand
	m'stretch	pilates		all 4 the butt			
						m'stretch	
12h00	hand stand		m'gym		pilates		
		all 4 the butt					m'gym
						yoga vinyasa	
13h00	yoga vinyasa	yoga vinyasa	classique yoga		yoga vinyasa		
				m'gym			
14h00							
							m'pole (débutant)
15h00							
16h00							
			mobility training				
17h00	yin yoga	pilates			m'stretch	m'gym	
			yin yoga				
				yin yoga			yin & sound
18h00	yoga hatha	yoga vinyasa			pilates	yoga vinyasa	
			pilates				
				m'gym			
19h00	yoga vinyasa	m'gym			yoga vinyasa		
			m'gym	pilates			
		all 4 the butt					
20h00	m'gym				m'pole (niveau intermédiaire)		
		waacking therapy	m'pole (niveau intermédiaire)	hand stand			
	pilates						
21h00							
22h00							
23h00							

Salle 3 Vélo

planning des cours

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