

Salle 1 Boxe-Training

planning des cours

	lun 05/08	mar 06/08	mer 07/08	jeu 08/08	ven 09/08	sam 10/08	dim 11/08
7h00	hard training	cross training	bootcamp	hard training	bootcamp		
8h00		abdos choco	abdos choco				
9h00	cross training	cross training		hard training	cross training	cross training	hard training
10h00	street workout		street workout	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		cross training	boxe française	cross training	instability
13h00	instability	bootcamp	cross training	boxe anglaise	cross training	all 4 the butt	cross training
14h00							
15h00						initiation Surf & Skate avec Niels Schack	
16h00				all 4 the butt			
17h00		instability	hard training	cross training	bootcamp	bootcamp	cross training
18h00	hiit for runners by On	hard training	boxe anglaise	hard training	cross training	all 4 the butt	cross training
19h00	cross training	boxe anglaise	cross training	cross training	bootcamp	cross training	
20h00	bootcamp	cross training	bootcamp	muay thai			
21h00		cross training	cross training				
22h00							
23h00							



Salle 2 Yoga Danse

planning des cours

	lun 05/08	mar 06/08	mer 07/08	jeu 08/08	ven 09/08	sam 10/08	dim 11/08
7h00			yoga vinyasa	m'gym	run & pilates by On		
8h00			pilates	pilates			
9h00			all 4 the butt	yoga hatha		yoga vinyasa	
10h00	m'gym	m'stretch					yoga vinyasa
11h00	abdos choco m'stretch		yoga vinyasa	all 4 the butt		m'gym	hand stand
12h00		all 4 the butt	m'gym	boxe française	pilates	m'stretch	m'gym & méditation
13h00	yoga vinyasa	yoga vinyasa	yoga vinyasa	m'gym	yoga vinyasa	yoga vinyasa	
14h00							
15h00							m'pole (débutant)
16h00							
17h00					m'stretch	m'gym	
18h00	m'gym	yoga vinyasa	pilates		pilates	yoga vinyasa	
19h00	yoga vinyasa	m'gym		m'gym	yoga vinyasa		
20h00		all 4 the butt	m'gym	pilates			
21h00	pilates		m'pole (débutant)		m'pole (niveau intermédiaire)		
22h00							
23h00							



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

