

Salle 1 Boxe-Training

planning des cours

	lun 13/01	mar 14/01	mer 15/01	jeu 16/01	ven 17/01	sam 18/01	dim 19/01
7h00	hard training	cross training	bootcamp	hard training	bootcamp		
8h00		abdos choco	abdos choco				
9h00	cross training	cross training	cross training	hard training	cross training	cross training	hard training
10h00	Calisthenics	all 4 the butt	cross training	bootcamp	kettlebell	bootcamp	muay thai
11h00	mobility training	hard training	cross training	hard training	all 4 the butt	instability	cross training
12h00	all 4 the butt	cross training	kettlebell	m'punching	boxe française	cross training	instability
13h00	instability	bootcamp	cross training	boxe anglaise	cross training	all 4 the butt	m'punching
14h00							
15h00							
16h00		hard training		all 4 the butt		bootcamp	
17h00	hard training	instability	hard training	cross training	bootcamp	all 4 the butt	cross training
18h00	cross training	cross training	cross training	hard training	boxe anglaise	cross training	all 4 the butt
19h00	cross training	bootcamp	all 4 the butt	cross training	bootcamp		
20h00	bootcamp	cross training	bootcamp	cross training			
21h00	m'punching		cross training				
22h00							
23h00							



	lun 13/01	mar 14/01	mer 15/01	jeu 16/01	ven 17/01	sam 18/01	dim 19/01
7h00							
8h00	pilates	Gym Flow	yoga vinyasa	m'gym	yoga hatha		
9h00	yoga hatha	yoga vinyasa	pilates	pilates	m'gym		yoga hatha
10h00	m'gym	m'stretch	all 4 the butt	yoga hatha		yoga hatha	yoga vinyasa
11h00	abdos choco m'stretch	pilates	yoga vinyasa		yoga fondations	m'gym	hand stand
12h00	hand stand	all 4 the butt	m'gym	mobility training	pilates	m'stretch	m'stretch
13h00	yoga vinyasa	yoga vinyasa	yoga vinyasa	m'gym	yoga vinyasa	yoga vinyasa	
14h00							
15h00							m'pole (débutant)
16h00			mobility training				
17h00	yin yoga	pilates	yin yoga		m'stretch	m'gym	
18h00	yoga hatha	yoga vinyasa		yin yoga	pilates	yoga vinyasa	yin & sound
19h00	yoga vinyasa	m'gym	pilates	m'gym			
20h00	m'gym	all 4 the butt	m'gym		yoga vinyasa		
21h00	pilates	waacking therapy	m'pole (niveau intermédiaire)		m'pole (niveau intermédiaire)		
22h00							
23h00							



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



	lun 13/01	mar 14/01	mer 15/01	jeu 16/01	ven 17/01	sam 18/01	dim 19/01
7h00							
8h00							
9h00							
10h00							
11h00						long run	
12h00							
13h00	run & train						
14h00							
15h00							
16h00							
17h00							
18h00							
19h00		prépa run					
20h00			run outdoor MRC				
21h00							
22h00							
23h00							

