

# Salle 1 Boxe-Training

# planning des cours

	lun 12/05	mar 13/05	mer 14/05	jeu 15/05	ven 16/05	sam 17/05	dim 18/05
7h00							
8h00	hard training	cross training	bootcamp	hard training	bootcamp		
9h00	cross training	cross training	cross training	hard training	cross training		
10h00	cross training	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	m'punching	cross training	instability
13h00	instability	bootcamp	cross training	boxe anglaise	cross training	all 4 the butt	m'punching
14h00							cross training
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		boxe anglaise	mobility training	bootcamp		
20h00	bootcamp		bootcamp	muay thai			
21h00	m'punching		cross training				
22h00							
23h00							



	lun 12/05	mar 13/05	mer 14/05	jeu 15/05	ven 16/05	sam 17/05	dim 18/05
7h00							
8h00	pilates	m'gym	yoga vinyasa	m'gym	yoga vinyasa		
9h00	yoga hatha	yoga vinyasa	pilates	pilates	m'gym		yoga hatha
10h00	m'gym	m'stretch	all 4 the butt	yoga hatha	yoga fondations	yoga hatha	yoga vinyasa
11h00	abdos choco m'stretch	pilates	yoga vinyasa			m'gym	hand stand
12h00	hand stand		m'gym	all 4 the butt mobility training	pilates	m'stretch	m'stretch
13h00	yoga vinyasa	yoga vinyasa	yoga vinyasa	m'gym	yoga vinyasa	yoga vinyasa	
14h00							
15h00							
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	yoga vinyasa		
20h00	m'gym	all 4 the butt	m'gym	pilates			
21h00	pilates	waacking therapy	m'pole (niveau intermédiaire)	yoga vinyasa	m'pole (niveau intermédiaire)		
22h00							
23h00							



	lun 12/05	mar 13/05	mer 14/05	jeu 15/05	ven 16/05	sam 17/05	dim 18/05
7h00							
8h00	m'spinning enduro				m'spinning enduro		
9h00			m'spinning enduro				
10h00							
11h00						m'spinning to the beat	
12h00		m'spinning enduro	m'spinning enduro	m'spinning enduro			
13h00							
14h00							
15h00							
16h00							
17h00							
18h00							
19h00	m'spinning enduro	m'spinning enduro		m'spinning enduro			
20h00	m'spinning to the beat	m'spinning to the beat	m'spinning enduro	m'spinning to the beat	m'spinning to the beat		
21h00							
22h00							
23h00							



	lun 12/05	mar 13/05	mer 14/05	jeu 15/05	ven 16/05	sam 17/05	dim 18/05
7h00							
8h00							
9h00							
10h00							
11h00						long run	
12h00	run & train						
13h00							
14h00							
15h00							
16h00							
17h00							
18h00							
19h00		prépa run					
20h00			run outdoor MRC				
21h00							
22h00							
23h00							

