

PLANNING COURS COLLECTIFS 2023-2024

	lundi 09 h / 21h	mardi 09 h/21h	mercredi 09 h/21h	jeudi 09 h /21h	vendredi 09 h/21h	samedi 09 h / 19h00	dimanche 09 h / 17 h
Matin	10h00-10h45 Cuisses abdos fessiers Laura	10h00-10h45 Lia danse Elodie	10h00-10h45 Pilates Max	10h00-10h45 cuisses abdos fessiers Max	10h00-10h45 Bike Amine	9h45-10h30 Cuisses abdos fessiers Laura	10h30-11h15 Bike Amine
	10h45-11h30 Pilates Laura	10h45-11h45 Body Pump+15 mns stretch Elodie	10h45-11h30 stretching Max	10h45-11h30 Pilates Max	10h45-11h30 Renforcement Musculaire Amine	10h30-11h30 Body pump Laura	11h15-12h00 Cuisses Abdos-Fessiers Amine
Midi	12h15-13h00 CROSS TRAINIG Laura	12h15-13h00 Cuisses Abdos-Fessiers Elodie	12h15-13h00 renforcement musculaire Max	12h15-13h00 ABDOS/FESSIERS Max	12h15-13h Cross training Hugo		12h00-12h30 Stretching Amine
	13h00-13h45 Pilates Laura	13h00-13h30 Stretching Elodie	13h00-13h30 Stretching Max	13h00-13h30 Pilates Max	13h00-13h30 Stretching Hugo		
Soir	18h00-18h45 Renforcement Musculaire Maxime	18h00-18h45 Cuisses abdos fessiers Hugo	18h00-18h30 Step intermédiaire Max	18h-18h30 Total cycling Hugo	18h00-18h45 Cuisses Abdos-Fessiers Vincent		
	18h45-19h45 Step avancé Maxime	18h45-19h15 Total Training Cross training Hugo	18h30-19h15 Zumba Max	18h30- 19h15 Lia intermédiaire Maxime	18h45-19h30 Body pump Vincent		
		19h30-20h00 Total cycling Hugo	19h15-20h00 Body pump Max	19h15-20h00 Cuisses Abdos-Fessiers Maxime	19h30-20h00 Stretching Vincent		
	17h45-19h15 19h15-20h45 YOGA Philippe	20h00-20h30 STRETCHING hugo	20h00-20h30 Stretching Max	20h-20h45 Step avancé/Intermédiaire Maxime			