

PLANNING 2017 / 2018

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
FITNESS	BOXE	FITNESS	BOXE	FITNESS	BOXE	FITNESS	BOXE	FITNESS	BOXE	FITNESS	BOXE
BODY SCULT (haut du corps) 9h15/10h00		BODY BARRE 9h15/10h15		COURS AU CHOIX (vidéo) 9h15/10h00		COURS AU CHOIX (vidéo) 9h15/10h00		BODY SCULT 9h15/10h00		CYCLING 9h30/10h15	BOXE COMPETITEURS
FAC 10h00/10h45		ABDOS 10h15/10h45						CYCLING 10h15/10h45		BODY BARRE 10h15/11h00	BOXE LIBRE SERVICE
								STRETCHING 10h45/11h15			10h30/11h30
CARDIO 12h30/13h15		BODY SCULT 12h30/13h15				COURS AU CHOIX (vidéo) 12h30/13h15		COURS AU CHOIX (vidéo) 12h30/13h15			
		FAC 18h00/18h45				BODY SCULT 18h15/19h00		BODY BARRE 18h00/18h45			
CROSS TRAINING 18h45/19h30		ZUMBA 18h45/19h30		CROSS TRAINING 18h45/19h30		CYCLING 19h00/19h45		LIA / STEP 19h00/19h45			
	KICK BOXING 19h30/20h45	STRETCHING 19h30/20h00	FULL CONTACT 19h30/20h45		BOXE ANGLAISE 19h30/20h45		FULL CONTACT 19h30/20h45		KALI ESCRIMA 19h30/20h45		