


PLANNING COURS COLLECTIFS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
8h45/10h30						MARCHE NORDIQUE et YOGA 2x/mois
10h45/11h30						PILATES
11h30/12h15						SPEED BIKE
12h15/13h00	POSTURAL BALL		FIT PUMP		HIIT CARDIO	
18h/18h45	FIT PUMP	FIT BALANCE et CROSS TRAINING	CROSS TRAINING	PILATES	RENFO CAF	
18h45/19h30	SPEED BIKE	TRX RENFO	RACE HIIT CARDIO	SPEED BIKE et HYPERPUMP	CROSS TRAINING	
19h30/20h15	CAF et YOGA (début 19h45)	SPEED BIKE et KRAV MAGA (Fin 21h)	FIT PUMP	STEP et YOGA (début 19h45)		

