

# PLANNING COURS COLLECTIFS ET CROSS TRAINING

Valable à partir du 4 septembre 2023 sauf en période de vacances scolaires

| Horaire             | LUNDI          | MARDI             | MERCREDI          | JEUDI                      | VENDREDI                      | SAMEDI                    | DIMANCHE |
|---------------------|----------------|-------------------|-------------------|----------------------------|-------------------------------|---------------------------|----------|
| 9h00<br>à<br>9h45   |                |                   |                   |                            |                               | MUSCULATION<br>Old School |          |
| 10h00<br>à<br>10h45 |                | Abdos<br>FESSIERS | PILATES<br>(9h30) | Abdos<br>FESSIERS          | RENFO                         |                           | BIKE     |
| 11h00<br>à<br>11h45 |                | MOBILITE          | YOGA<br>(10h30)   | MOBILITE                   | STRETCH                       |                           | RENFO    |
| 12h30<br>à<br>13h15 | FIT DANSE      | BIKE              |                   |                            | BIKE                          |                           |          |
|                     | Cross TRAINING |                   |                   |                            |                               |                           |          |
| 18h15<br>à<br>19h00 | FULL BODY      | RENFO             | MOBILITE          | STEP                       | PILATES                       |                           |          |
| 19H00               |                | Cross TRAINING    | Cross TRAINING    | Cross TRAINING<br>(boxing) | Cross TRAINING<br>(by Cédric) |                           |          |
| 19h15<br>à<br>20h00 | BIKE           | FIT DANSE         | BIKE              | FULL BODY                  | YOGA                          |                           |          |