

COURS COLLECTIFS

PLANNING HEBDOMADAIRE

HORAIRE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI		SAMEDI
9H00 - 9H45			RENFO				WORKOUT
10H00 - 10H45		ABDOS FESSIERS			RENFO		PILATES POSTURAL
11H00 - 11H45		STRETCH	PILATES (11h30)		MOBILITE		HYROX
12H30 - 13H15	Cross Training	BIKE	BODYART		BIKE	HYROX	
17h00- 18h00			HYROX	HYROX			
17H30 - 18H15	BIKE						
18H00 - 18H45				HYROX			
18H15 - 19H00	ABDOS FESSIERS	ENERGY TRAINING	WORKOUT	PILATES	STEP	PILATES	
19H00 - 19H45	PILATES	Cross TRAINING	Cross TRAINING		Cross TRAINING	MOBILITY & STRETCH	
19H15 - 20H00			BIKE	RENFO			



COURS POUR
TOUS LES NIVEAUX



COACHS
DIPLOMÉS



PLANNING
SUCEPTIBLE D'ÉVOLUER