

COURS COLLECTIFS

— PLANNING —

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
STRETCHING DYNAMIQUE 9H15-10H	CAF 9H15-10H	BODY SCULPT 9H15-10H	PUMP 9H15-10H	PILATES 9H15-10H	
CAF 10H05-10H50	PUMP 10H05-10H50	YOGA <i>With Om</i> 10H05-11H05	PILATES 10H05-10H50		PILATES 10H-10H45
 BIKE 12H30-13H15	HIIT 12H30-13H15	FULL BODY 12H30-13H15	HIIT 12H30-13H15	CAF 12H30-13H15	
PUMP 18H15-19H	CAF 18H-18H45	CAF 18H-18H45	BODY SCULPT 18H-18H45		
 BIKE 19H05-19H50	 BIKE 18H50-19H35	STEP 18H50-19H35	 SPRINT 30 MIN 18H50-19H20	YOGA <i>With Om</i> 19H-20H	
	PILATES 19H40-20H25	ZUMBA 19H40-20H25	CARDIO BOXING 19H25-20H10		
	DANSE ORIENTALE 21H - 22H	KIZOMBA URBAN KIZ DÉBUTANT 20H30-21H30 INTER ÉVOLUTIF 21H30-22H30 PRATIQUE EN MUSIQUE 22H30-23H30			



& CROSS TRAINING —PLANNING— & HYROX



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10H30						HYROX
12H30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	HYROX	CROSS TRAINING	
16H30	CROSS TRAINING				CROSS TRAINING	
17H30	SPE HALTERO	CROSS TRAINING	CROSS TRAINING	HYROX	CROSS TRAINING	
18H30	CROSS TRAINING	SPE GYM	HYROX FORCE	HYROX FORCE	SPE GYM	
19H30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	HYROX		



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
						11H15 MMA GRAPPLING
17H15	MMA	MMA GRAPPLING	MMA ADO	MMA GRAPPLING	MMA	13H MMA ADO
18H30	MMA GRAPPLING	MMA	MMA GRAPPLING	MMA	MMA ADO	
19H45	MMA	MMA GRAPPLING	MMA	MMA GRAPPLING	SPARRING	