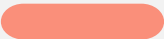




Intensité supérieure





Intensité modérée






	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
7:30	Inscription, Bilan et Coaching 07:30 – 08:00 08:45 – 09:30				
9:30	Bootcamp 08:00 – 08:45	Basic Forme 08:00 – 08:45	TRX 08:00 – 08:45	CAF 08:00 – 08:45	Power Sculpt 08:00 – 08:45
11:30 14:30	Inscription, Bilan et Coaching 11:30 – 12:15 13:45 – 14:30				
	Burning Ride 12:15 – 13:00	Yoga 12:15 – 13:30	Power Sculpt 12:15 – 13:00	RPM 12:15 – 13:00	Bootcamp 12:15 – 13:00
	Abdos Fessiers 13:00 – 13:30	Coaching	Abdos Gainage 13:00 – 13:30	Abdos Fessiers 13:15 – 13:45	Stretching 13:00 – 13:30
17:00 20:30	Inscription, Bilan et Coaching 17:00 – 18:30 19:15 – 20:30				
	Power Sculpt 18:15 – 19:00	CAF 18:15 – 19:00	Burning Ride 18:15 – 19:00	TRX 18:15 – 19:00	Basic Forme 17:30 – 18:15
	Stretching 19:00 – 19:30	HIIT 19:00 – 19:30	Stretching 19:00 – 19:30	Abdos flash 19:00 – 19:30	Abdos Fessiers 18:15 – 18:45