

PLANNING

Forest

Type de cours

-  Cardio
-  Renforcement
-  Zen
-  Les Mills
-  Outdoor

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 09:30	Inscription & bilan & coaching / suivi plateau 7:30 – 8:00 & 8:45 – 9:30				
	Body Pump 08:00 – 8:45	HIIT 08:00 – 08:30	Gym Balance 08:00 – 8:30	CAF 08:00 – 08:30	WOD 08:00 – 08:30
11:30 14:30 Vendredi 15:30	Inscription & bilan & coaching/suivi plateau 11:30 – 14:30				
	HIIT 12:15 – 13:00	RPM 12:15 – 13:00	TRX TRAINING* 12:15 – 13:00	Body Combat 12:15 – 13:00	Body Sculpt 12:15 – 13:00
	Running 12:15 – 13:15	Yoga 12:15 – 13:15	Zumba 12:15 – 13:15		
	Pilates 13:00 – 13:45	CAF 13:15 – 13:45	RPM 13:15 – 14:00	WOD 13:00 – 13:45	TRX TRAINING* 13:00 – 13:45
17:00 20:00 Fermé le vendredi soir	Inscription & bilan & coaching/suivi plateau 17:00 – 20:00				
	RPM 18:00 – 18:45	Body Combat 18:00 – 18:45	Body Pump 18:00 – 18:45	TRX TRAINING* 18:00 – 18:45	Running 17:50 – 18:50
	Body Sculpt 18:45 – 19:15	Pilates 18:45 – 19:15	CAF 18:45 – 19:15	RPM 18:45 – 19:00	