

PLANNING COURS COACHS

05 63 41 78 34

C. : avec Christelle A. : avec Audrey

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9h20 – 10h05 A. Body Pump	9h20-10h05 A. STEP	9h20-10h05 C. Boby Vive	9h20-10h05 C. Shbam	9h20-9h50 C. Body Combat	9h10-9h55 Shbam en video
10h15 – 11h A. Body Balance Stretch et Relax	10h15-10h30 A. Cycling	10h15-11h C. Gym Hypopressive	10h15-11h15 C. Body Balance	10h-10h30 C. Body Vive Renfo	10h-10h20 C. Body Vive Cardio
	10h30-11h A. Circuit Training			10h30-11h C. Gym Hypo Niveau2	10h20-10h40 C. Body Balance Renfo
					10h40-10h55 C. Gym Hypopressive
12h30 – 13h A. Body Balance Renfo	12h30-12h45 A. Body Attack	12h30-12h45 A. Cycling	12h30-12h45 C. Body Combat	12h30-13h C. Cycling	11h-11h45 C. Cycling
	12h45-13h15 A. Body Pump	12h45-13h15 A. Circuit training	12h45-13h15 C. Gym Hypopressive		
13h-13h15 A. Gym Hypopressive				13h-13h15 C. Body Vive Renfo	
		15h-16h A. Circuit training ADO			
17h30-18h15 C. Gym Hypopressive					Mise à jour 4 déc. 2017
18h30-19h15 C. Cycling	18h30-19h15 C. Body Combat	18h20-19h05 A. Body Pump	18h30-19h A. Body Attack	18h20-19h05 A. Body Balance	
19h20-19h40 C. Body Vive Renfo	19h20-19h50 C. Body Balance Renfo	19h15-19h45 A. Cycling	19h10-19h40 A. Circuit training	19h15-20h A. Shbam	
19h40-20h10 C. Body Balance Stretch et Relax	19h50-20h20 C. Gym Hypopressive		19h40-20h10 A. Body Balance Stretch et Relax		

PLANNING COURS VIDEO

Lors de la présence des coaches, cours vidéo à la demande possible.

Merci d'allumer et d'éteindre le rétroprojecteur, avant et après vos cours vidéo.

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
8h RPM	8H BODY COMBAT	8H BODY PUMP	8H SHBAM UK	8H RPM		8H RPM
					9H10 SHBAM	9H BODY BALANCE
						10H10 BODY PUMP
11H20 SHBAM	11H20 BODY PUMP	11H20 BODY COMBAT		11H20 RPM		11H20 RPM
	12H30 RPM				12H BODY PUMP	12H15 SHBAM
						13H BODY PUMP
					14H SHBAM	14H RPM
15H BODY BALANCE	15H SHBAM		15H RPM	15H BODY COMBAT	15H10 BODY PUMP	15H SHBAM
					16H20 RPM	16H BODY BALANCE
	17H30 BODY PUMP	17H30 RPM	17H30 SHBAM	17H30 BODY BALANCE	17H20 BODY COMBAT	17H05 BODY PUMP
18H45 BODY PUMP 30	18H30 RPM	18H20 RPM	18H30 RPM		18H30 BODY PUMP	18H10 RPM
19H20 RPM		19H30 BODY PUMP		19H40 RPM	19H40 RPM	19H10 BODY COMBAT
20H15 BODY PUMP	20H15 RPM	20H20 SHBAM	20H15 B.COMBAT	20H15 RPM	20H BODY BALANCE	