

PLANNING DES COURS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7h	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	
8h	A&A GYM FLOW 45'	A&A STRONG 60'	COACHING PERSO & OPEN STUD 60'	A&A STRONG 60'		COACHING PERSO & OPEN STUD 60'
9h	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	A&A STRONG 60'
10h	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'
11h	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'
12h	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'
12h15	A&A STRONG 60'	A&A CROSS TRAINING 60'	A&A STRONG 60'	A&A HIIT 45'	A&A CROSS TRAINING 60'	COACHING PERSO & OPEN STUD 60'
13h15						
14h	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'
15h	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	
16h	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	
17h						
18h15			COACHING PERSO & OPEN STUD 60'	A&A SUSPENSION 45'	A&A ABS BURN 30'	
19h15	A&A SUSPENSION 45'	A&A MOBILITY STRETCH 45'	A&A BALANCE 45'	A&A STRONG 60'	A&A HIIT 45'	
20h	A&A ABS BURN 30'	A&A ABS BURN 30'		A&A ABS BURN 30'		
20h15						
20h30						

