

PLANNING DES COURS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7 h	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'	
8 h						COACHING PERSO & OPEN STUD 60'
9 h	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'
10 h	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'
11 h	COACHING PERSO & OPEN STUD 60'		COACHING PERSO & OPEN STUD 60'		COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD
12 h						
12 h 15	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'
13 h						
13 h 15						
15 h	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'	
16 h	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'	
17 h		COACHING PERSO & OPEN STUD 60'		COACHING PERSO & OPEN STUD 60'		
18 h	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'	COACHING PERSO & OPEN STUD 60'		
19 h			A&A ABS BURN 30'	A&A STRONG 60'	A&A ABS BURN 30'	
19 h 15						
19 h 30	A&A CROSS TRAINING 60'	A&A HX PREP 60'	A&A MOBI FLOW 45'		A&A HIIT 45'	
20 h						
20 h 15						

