





PLANNING

	<i>LUNDI</i>	<i>MARDI</i>	<i>MERCREDI</i>	<i>JEUDI</i>	<i>VENDREDI</i>
11H30 à 14H00	COACHING	COACHING	COACHING	COACHING	COACHING
	CIRCUIT TRAINING 12h15-13h00	RMG 12h15-13h00	CARDIO TRAINING 12h15-13h00	FUNCTIONAL TRAINING 12h15-13h00	CAF 12h15-13h00
	COACHING	COACHING	COACHING	COACHING	COACHING
17H00 à 20H00	COACHING	COACHING	COACHING	COACHING	
	CAF 18h15-19h00	CIRCUIT TRAINING 18h15-19h00	PILATES 18h15-19h00	RMG 18h15-19h00	
	COACHING	COACHING	COACHING	COACHING	

 Cours de Pilates
 Cours de renforcement musculaire
 Cours Cardio
 Professeur disponible pour conseils sur parc machines