PLANNING DES COURS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
08:00 - 09:30	**Accueil, Inscription et Encadrement** 08:00 - 08:30 & 9:00 - 9:30				
	Body Up 08:30 – 09:00	**Stretching** 08:30 – 09:00	**HIIT** 08:30 – 09:00	**Cross Training** 08:30 – 09:00	**CAF** 08:30 – 09:00
11:30 - 14:00	**Accueil, Inscription et Encadrement** 11:30 – 13:00 & 13:45 – 14:00				
	Yin Yoga 12:15 – 13:00	**Zumba** 12:15 – 13:15	**Vinyasa Yoga** 12:15 – 13:00	**Zumba** 12:10 – 13:05	**CAF** 12:15 – 13:00
	HIIT 13:00 – 13:45	**Full Body** 13:15 – 13:45	**Hatha Yoga** 13:00 – 13:45	**Pilates** 13:05 – 13:50	**Cross Training** 13:15 – 13:45
17:00 - 20:00	**Accueil, Inscription et Encadrement** 17:00 – 18:00 & 19:30 – 20:00				
	Body Barre 18:00 – 18:45	**Pilates** 18:00 – 18:45	**HIIT** 18:00 – 18:45	**CAF** 18:00 – 18:45	**Power Training** 18:00 – 18:45
	100% Abdos 18:45 – 19:15	**Stretching** 18:45 – 19:30	**100% Abdos** 18:45 – 19:15	**Boxe** 18:45 – 19:30	**Stretching** 18:45 – 19:15