

# PLANNING COURS COLLECTIFS

## - Semaine 1 -

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI															
9 H	CIRCUIT TRAINING 9h-12h30	MARCHÉ NORDIQUE 9h-10h30	MARCHÉ 9h-10h30	STRETCHING 9h-9h30	CIRCUIT TRAINING 9H-11h30	CIRCUIT TRAINING 9H30-10H45															
9 H 30																					
10 H			CIRCUIT TRAINING 9h-13h30	CIRCUIT TRAINING 9h45-12h			CIRCUIT TRAINING 9h45-12h	PILATES 11h30-12h15	STRETCHING 10H45-11H15												
10 H 30																					
10 H 45										YOGA 12h30-13h15	CROSS TRAINING 12h00-12h45	PILATES 12h30-13h15	CIRCUIT TRAINING 9H-13H30								
10 H 45																					
11 H 15														CIRCUIT TRAINING 15h30-19h15	STRETCHING 12h45-13h15	PILATES 15H45-16H30	CIRCUIT TRAINING 15H30-16H30				
11 H 30																					
12 H																		RENFORCEMENT MUSCULAIRE DOUX 15h30-16h15	CIRCUIT TRAINING 15h30-20h	RENFORCEMENT MUSCULAIRE DOUX 16h30-17h15	YOGA 16H45-17H45
12 H 15																					
12 H 30	CIRCUIT TRAINING 16h45-18h45	CIRCUIT TRAINING 17H15-18H30			RENFORCEMENT MUSCULAIRE DOUX 16h30-17h15	CIRCUIT TRAINING 18H-18H45															
12 H 35																					
12 H 40			CARDIO 18H45-19H15	CIRCUIT TRAINING 17H15-18H30			RENFORCEMENT MUSCULAIRE DOUX 16h30-17h15	YOGA 16H45-17H45													
12 H 45																					
12 H 45									MOBILITE + STRETCHING 19h15-20h	PILATES 19H15-20H	RENFORCEMENT MUSCULAIRE 18H30-19H15	CIRCUIT TRAINING 18H-18H45									
13 H 15																					
13 H 25													CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	PILATES 18H45-19H30					
13 H 30																					
14 H - 15 H																	CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30	
15 H 30																					
15 H 45	CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h			MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30															
16 H																					
16 H 15			CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h			MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30													
16 H 15																					
16 H 30									CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30									
16 H 30																					
16 H 45													CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30					
16 H 45																					
17 H 15																	CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30	
17 H 15																					
17 H 15	CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h			MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30															
17 H 15																					
17 H 45			CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h			MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30													
18 H 00																					
18 H 30									CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30									
18 H 30																					
18 H 45													CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30					
18 H 45																					
19 H																	CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30	
19 H																					
19 H 15	CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h			MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30															
19 H 15																					
19 H 30			CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h			MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30													
19 H 30																					
20 H 00									CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30									
20 H 00																					
20 H 30													CIRCUIT TRAINING 15h30-19h15	CIRCUIT TRAINING 15h30-20h	MOBILITE + STRETCHING 19h15-20h	YOGA 19H30-20H30					
20 H 30																					

## PLANNING COURS COLLECTIFS

### - Semaine 2 -

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9 H	CIRCUIT TRAINING 9h-12h30	MARCHÉ NORDIQUE 9h-10h30	MARCHÉ 9h-10h30	CIRCUIT TRAINING 9h-11h30	CIRCUIT TRAINING 9h-13h30	CIRCUIT TRAINING 9h30-10h30
9 H 30						
9 H 45						
10 H						
10 H 30						
11 H						
11 H 30						
11 H 30						
12 H						
12 H 15						
12 H 30						
12 H 30						
12 H 30						
12 H 35						
12 H 40						
12 H 45						
12 H 45						
13 H 15						
13 H 30						
14 H - 15 H						
15 H 30						
16 H						
16 H 15						
16 H 15						
16 H 30						
16 H 45						
17 H 00						
17 H 15						
17 H 15						
18 H 15						
18 H 15						
18 H 30						
18 H 45						
18 H 45						
19 H						
19 H 15						
19 H 15						
19 H 30						
19 H 45						
20 H 00						
20 H 30						