

PLANNING COURS COLLECTIFS

- Semaine 1 -

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9 H	CIRCUIT TRAINING 9h-12h15	MARCHÉ NORDIQUE 9h-10h30	MARCHÉ 9h-10h30	CIRCUIT TRAINING 9h-12h15	CIRCUIT TRAINING 9h-13h30	CIRCUIT TRAINING 9h30-11h30
9 H 30						
9 H 45						
10 H						
10 H 30						
11 H						
11 H 30						
11 H 50						
12 H						
12 H 15						
12 H 25	PILATES 12h30-13h15	CIRCUIT TRAINING 9h-13h30	CROSS TRAINING 12h-12h45	PILATES 12h30-13h15	CIRCUIT TRAINING 9h-13h30	
12 H 30						
12 H 30						
12 H 35						
12 H 40						
12 H 45						
12 H 45						
13 H 15						
13 H 25						
13 H 30						
14 H - 15 H						
15 H 30	CIRCUIT TRAINING 15h30-19h30	RENFORCEMENT MUSCULAIRE 15h30-16h15	CIRCUIT TRAINING 15h30-19h30	CIRCUIT TRAINING 15h30-18h	CIRCUIT TRAINING 15h30-18h30	
16 H						
16 H						
16 H 15						
16 H 20						
16 H 30						
16 H 50						
17 H						
17 H 30						
18 H						
18 H 15	CIRCUIT TRAINING 15h30-19h30	STRETCHING 16h20-16h50	CIRCUIT TRAINING 15h30-19h30	CIRCUIT TRAINING 15h30-18h	CIRCUIT TRAINING 15h30-18h30	
18 H 30						
18 H 30						
18 H 45						
19 H						
19 H 15						
19 H 15						
19 H 30						
19 H 45						
19 H 45						

PLANNING COURS COLLECTIFS

- Semaine 2 -

HORAIRES	LUNDI	MARDI		MERCREDI		JEUDI	VENDREDI	SAMEDI
9 H	CIRCUIT TRAINING 9h-12h15	MARCHE NORDIQUE 9h-10h30	CIRCUIT TRAINING 9h-13h30	MARCHE 9h-10h30	STRETCHING 9h-9h30	CIRCUIT TRAINING 9h-12h15	CIRCUIT TRAINING 9H-13H30	CIRCUIT TRAINING 9H30-11H30
9 H 30								
9 H 45								
10 H								
10 H 30								
11 H								
11 H 30								
11 H 45								
12 H								
12 H 15								
12 H 25	YOGA 12h30-13h15	CIRCUIT TRAINING 9h-13h30	CROSS TRAINING 12h00-12h45	CIRCUIT TRAINING 9h45-11h45	CIRCUIT TRAINING 9h-12h15	CIRCUIT TRAINING 9H-13H30		
12 H 30								
12 H 30								
12 H 35								
12 H 40								
12 H 45								
12 H 45								
13 H 15								
13 H 25								
13 H 30								
14 H - 15 H								
15 H 30	CIRCUIT TRAINING 15h30-19h30	RENFORCEMENT MUSCULAIRE 15h30-16h15	CIRCUIT TRAINING 15h30-19h30	CIRCUIT TRAINING 15h30-19h30	CIRCUIT TRAINING 15H30-18H	CIRCUIT TRAINING 15H30-18H30		
16 H								
16 H								
16 H 15								
16 H 20								
16 H 30								
16 H 50								
17 H								
17 H 30								
18 H								
18 H 15								
18 H 15								
18 H 30								
18 H 30								
18 H 40								
18 H 45								
19 H								
19 H 15								
19 H 15								
19 H 30								
19 H 45		PILATES 19H-19H45		YOGA 19H-19H45	PILATES 18H30-19H15			