

PLANNING COURS COLLECTIFS

- Semaine 1 -

LUNDI	MARDI		MERCREDI		JEUDI	VENREDI	SAMEDI
CIRCUIT TRAINING 9h-12h30 Romain	MARCHE NORDIQUE 9h-10h30 Romain	CIRCUIT TRAINING 9h-11h Stéphanie 11h-13h30 Romain	MARCHE 9h-10h30 Stéphanie	Stretching 9h-9h30 Romain	CIRCUIT TRAINING 9h-11h30 Aurélie	CIRCUIT TRAINING 9h-12h30 Stéphanie	CIRCUIT TRAINING 9h30-10h45 Stéphanie
			Circuit Training 9h45-11h45 Romain				STRETCHING 10H45-11H15 Stéphanie
	PILATES 12h30-13h15 Romain		CROSS TRAINING 12h-12h45 Romain	PILATES 11h30-12h15 Aurélie	PILATES 12h30-13h15 Aurélie		RENFORCEMENT Dos/Abdos 12h30-13h15 Stéphanie
	STRETCHING 12h45-13h15 Romain						
CIRCUIT TRAINING 15h30-19h15 Romain	RENFORCEMENT MUSCULAIRE DOUX15h30-16h15 Romain	CIRCUIT TRAINING 17h-20h Stéphanie	RENFORCEMENT Dos/Abdos 15h30-16h15 Stéphanie	CIRCUIT TRAINING 15h30-17h Romain	PILATES/RELAXATION 16h - 17h Aurélie		
	STRETCHING 16h15-16h45 Romain		STRETCHING 16h15-16h45 Stéphanie		PILATES/RELAXATION 17h15 - 18h15 Aurélie		
	CIRCUIT TRAINING 16h45-18h45 Romain		RENFORCEMENT MUSCULAIRE DOUX 17h-17h45 Romain	YOGA VINYASA Tous niveaux 18h30-19h30 Aurélie			
	CARDIO 18h45-19h15 Romain		STRETCHING 17h45-18h15 Romain				
MOBILITE/STRETCHING 19h15-20h Romain	YOGA 19h15-20h Romain		RENFORCEMENT MUSCULAIRE 18h30-19h15 Romain	YOGA 19h15-20h Romain	PILATES /RELAXATION 19h30-20h30 Aurélie		

PLANNING COURS COLLECTIFS

- Semaine 2 -

LUNDI	MARDI		MERCREDI		JEUDI	VENDREDI	SAMEDI
CIRCUIT TRAINING 9h-12h30 Romain	MARCHE NORDIQUE 9h- 10h30 Romain	CIRCUIT TRAINING 9h-11h Stéphanie 11h-13h30 Romain	MARCHE 9h- 10h30 Stéphanie	Stretching 9h- 9h30 Romain	CIRCUIT TRAINING 9h-11h30 Aurélie	CIRCUIT TRAINING 9h-13h30 Stéphanie	PILATES 9H30-10H15 Aurélie
			CIRCUIT TRAINING 9h45-12h Romain				YOGA Doux Postural YIN 10H30-11H15 Aurélie
	YOGA 12h30-13h15 Romain		CROSS TRAINING 12h00-12h45 Romain		PILATES 11h30-12h15 Aurélie		
	STRETCHING 12h45-13h15 Romain		PILATES 12h30-13h15 Aurélie				
CIRCUIT TRAINING 15h30-19h15 Romain	RENFORCEMENT MUSCULAIRE DOUX 15h30-16h15 Romain	CIRCUIT TRAINING 15h30-19h Stéphanie	CIRCUIT TRAINING 15h30-17h Romain	PILATES/RELAXATION 16h15-17h15 Aurélie			
	STRETCHING 16h15-16h45 Romain						
	CIRCUIT TRAINING 16h45-18h45 Romain			RENFORCEMENT MUSCULAIRE DOU17h-17h45 Romain		YOGA VINYASA Tous niveaux 17h30-18h30 Aurélie	
	CARDIO 18h45-19h15 Romain			STRETCHING 17h45-18h15 Romain			
			RENFORCEMENT MUSCULAIRE 18h30-19h15 Romain	PILATES 18h45-19h30 Aurélie			
MOBILITE/STRETCHING 19h15-20h Romain	PILATES 19h15-20h Romain	RENFORCEMENT Dos/Abdos + STRETCHING 19h-19h45 Stéphanie	YOGA 20h 19h15- Romain	YOGA YIN Doux Postural 19h45-20h30 Aurélie			