

# PLANNING COURS COLLECTIFS

renforcement - cardio training - chorégraphie  
bien-être - entraînement fonctionnel

## Lundi

10H30	<b>bodysculpt 45'</b>
12H15	<b>Krosstraining 45'</b>
12H30	<b>powerbike 45'</b>
17H45	<b>pilates 45'</b>
18H	<b>powerbike 30'</b>
18H15	<b>Krosstraining 45'</b>
18H30	<b>step 1 45'</b>
19H	<b>powersquad 60'</b>
19H15	<b>bodypump 45'</b>

## Mardi

9H30	<b>booty &amp; abdos 45'</b>
10H15	<b>stretching 30'</b>
12H30	<b>bodypump 45'</b>
17H45	<b>booty &amp; abdos 45'</b>
18H	<b>Krosstraining 60'</b>
18H30	<b>stretching 30'</b>
18H30	<b>powerbike 30'</b>
19H	<b>bodycombat 30'</b>
19H30	<b>zumb'ka 45'</b>

## Mercredi

10H30	<b>pilates 1 45'</b>
12H15	<b>powerbike 45'</b>
12H30	<b>Krosstraining 45'</b>
17H45	<b>KA booster 30'</b>
18H	<b>powersquad 60'</b>
18H15	<b>total booty 30'</b>
18H45	<b>total abdos 30'</b>
18h45	<b>powerbike 45'</b>
19H15	<b>step 2 45'</b>

## Jeudi

10H30	<b>pilates 2 45'</b>
12H	<b>Krosstraining 30'</b>
12H30	<b>bodysculpt 45'</b>
17H45	<b>bodycombat 30'</b>
18H30	<b>biking 30'</b>
18H30	<b>TRX 30'</b>
19H	<b>bodypump 30'</b>
19H30	<b>pilates 45'</b>

## Vendredi

9H30	<b>bodypump 45'</b>
10H30	<b>mobilité 45'</b>
12H	<b>Krosstraining 30'</b>
12H30	<b>circuit training 45'</b>
17H45	<b>circuit cardio 30'</b>
18H15	<b>bodysculpt 30'</b>
18H45	<b>step 45'</b>

## Samedi

10H	<b>circuit low impact 30'</b>
10H30	<b>bodyflow 60'</b>
11H30	<b>Krosstraining 60'</b>

## Dimanche

9H30	<b>booty &amp; abdos 45'</b>
10H30	<b>powerbike 45'</b>
11H30	<b>Krosstraining 60'</b>