

PLANNING DES COURS à partir du 1er JANVIER 2012

Salles	LUNDI - 9H00 / 20 H		MARDI - 9H / 20H30		MERCREDI - 9H30 / 20H		JEUDI - 9H / 20H30		VENDREDI - 9H / 19H		SAMEDI 10H / 13H				
	NON STOP	COURS	NON STOP	COURS	NON STOP	COURS	NON STOP	COURS	NON STOP	COURS					
9h	9h00/12h15		9h00/12h15				9h00/12h15		9h00/12h15						
9h15	COACHING		COACHING			COACHING		COACHING	COACHING						
9h30															
9h45															
10h															
10h15	SUR		SUR			SUR		SUR	SUR		10h/11h COACHING SUR CIRCUIT TRAINING				
10h30															
10h45															
11h	CIRCUIT		CIRCUIT			CIRCUIT		CIRCUIT	CIRCUIT		11h00/12h00 Cours s/Circuit : Total Body Conditioning				
11h15															
11h30															
11h45	TRAINING		TRAINING			TRAINING		TRAINING	TRAINING		12h/13h COACHING SUR CIRCUIT TRAINING				
12h															
12h15	12h15/13h45	12h15/13h00 PILATES	12h15/13h45	12h15/13h00 Cuisses/Abdos /Fessiers	12h15/13h45	12h15/13h00 Cardio Body Conditioning	12h15/13h45	12h15/13h00 BODY SCULPT	12h15/13h45	12h15/13h00 MAXI DOS/ABDOS					
12h30															
12h45	Cours s/Circuit : Cuisses/Abdos/ Fessiers		Cours s/Circuit : Dos/Abdos/ Fessiers		Cours s/Circuit : Cuisses/Abdos Fessiers		Cours s/Circuit : CARDIO +		Cours s/Circuit : Cuisses/Abdos/ Fessiers						
13h															
13h15		13h05/13h50 BODY SCULPT		13h05/13h50 PILATES		13h05/13h50 DOS/ABDOS STRETCHING		13h05/13h50 PILATES		13h05/13h50 C.A.F CARDIO					
13h30															
13h45	13h45/18h00		13h45/17H15		13h45/18h00		13H45/17H15		13h45/19h00						
14h															
14h15	COACHING		COACHING		COACHING		COACHING		COACHING						
14h30															
14h45															
15h															
15h15	SUR		SUR		SUR		SUR		SUR						
15h30															
15h45															
16h	CIRCUIT		CIRCUIT		CIRCUIT		CIRCUIT		CIRCUIT						
16h15															
16h30															
16h45															
17h	TRAINING		TRAINING		TRAINING		TRAINING		TRAINING						
17h15															
17h30															
17h45															
18h	18h00 / 19h00 Cours s/Circuit : Maxi Dos/Abdos		17h15/18h15 Cours s/Circuit : Cuisses/Abdos/ Fessiers		18h00/20h00 Cours s/Circuit : Total Body Conditioning / Stretching		17h30/18h15 BODY SCULPT		17h15/18h15 Cours s/Circuit : Buste/Dos/ Abdos		17h30/18h30 Cardio Body Conditioning / Stretching				
18h15															
18h30	18h30/19h15 PILATES		18h15/19h00 CIRCUIT TRAINING		18h00/18h45 STEP		18h30/19h15 L.I.A Abdos		18h15/19h00 Cuisses/Abdos /Fessiers						
18h45															
19h	19h00/20h00 COACHING SUR CIRCUIT TRAINING	19h15/20h00 STEP Débutant	19h00 /20h15 Cours s/Circuit : Dos/Abdos/ Fessiers / Stretching	18h45/19h30 BODY SCULPT	19h30/20h15 STRETCHING	19h15/20h00 PILATES fondamental	18h15/20h30 COACHING SUR CIRCUIT TRAINING	19h00/19h45 FIT-DANCE	19h45/20h25 DOS/ABDOS STRETCHING						
19h15															
19h30															
19h45															
20h															
20h15															
20h30															



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