



PLANNING COURS AVEC COACH SEMAINE DU 22/12

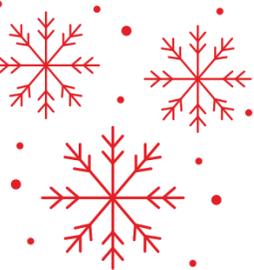
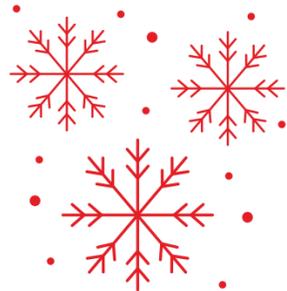


Lun 22	Mar 23	Mer 24	Jeu 25	Ven 26	Sam 27	Dim 28
10h-11h GYM	10h-11h BODY PUMP	10h-10h45 CUISSSES FESSIERS			10h15-11h15 BODY PUMP	
		10h45-11h15 PILATES			11h15-12h15 RPM (sur reserv.)	
12h15-13h15 LES MILLS GRIT	12h15-13h15 BODY PUMP	12h15-13h15 BODY BALANCE				
	12h15-13h15 TEAM TRAINING (sur réservation)		CLUB OUVERT 6H A 23H			
17h30-18h15 BODY PUMP	17h30-18h15 ABDOS FESSIERS			17h30-18h BODY PUMP 30'		
18h15-19h BODY JAM	18h15-19h15 BODY PUMP	FERMETURE ACCUEIL 17H		18h15-19h LES MILLS DANCE		
18h30-19h30 RPM (sur réservation)		FERMETURE CLUB 23 H		19h-19h30 PILATES		
19h-20h YOGA VINYASA	19h30-20h15 BODY COMBAT					



PLANNING COURS VIRTUEL SEMAINE DU 22/12

Lun 22	Mar 23	Mer 24	Jeu 25	Ven 26	Sam 27	Dim 28	
				10h-10h45 Core 45'		10h-10h45 Body Pump 45'	
					11h30-12h30 Body Balance 55'	10h45-11h15 Core 30'	
					12h15-13h15 Body Pump 55'	12h30-13h30 Body Combat 55'	11h15-12h Body Balance 45'
13h30-14h Core 30'							
14h15-15h15 Body Pump 55'	14h-15h Body Combat 55'	14h-14h30 Core 30'		14h-15h Body Pump 55'			
15h15-16h15 Body Balance 55'	15h-16h Body Pump 55'	14h45-15h45 Body Pump 55'		15h-16h Body Balance 55'			
	16h-17h Body Balance 55'	15h45-16h45 Body Balance 55'		16h-17h Body Combat 55'			





PLANNING COURS RPM/SPRINT VIRTUEL SEM. 22/12

Lun 22	Mar 23	Mer 24	Jeu 25	Ven 26	Sam 27	Dim 28
<u>9h-10h</u> RPM	<u>9h-10h</u> RPM			<u>9h-10h</u> RPM		
<u>10h-10h30</u> Sprint 30'	<u>10h-10h30</u> Sprint 30'			<u>10h-10h30</u> Sprint 30'	<u>10h15-11h15</u> RPM	<u>10h15-11h15</u> RPM
<u>12h15-12h45</u> Sprint 30'	<u>12h15-13h15</u> RPM	<u>12h15-12h45</u> RPM 30'		<u>12h15-12h45</u> Sprint 30'		<u>11h15-11h45</u> Sprint 30'
<u>12h45-13h15</u> RPM 30'	<u>13h15-13h45</u> Sprint 30'	<u>12h45-13h15</u> Sprint 30'		<u>12h45-13h15</u> RPM 30'		
<u>15h-16h</u> RPM	<u>14h30-15h30</u> RPM	<u>15h-16h</u> RPM		<u>15h-16h</u> RPM		
<u>16h-16h30</u> Sprint 30'	<u>15h30-16h</u> Sprint 30'	<u>16h-16h30</u> Sprint 30'		<u>16h-16h30</u> Sprint 30'		
<u>17h15-17h45</u> RPM 30'	<u>17h15-17h45</u> RPM 30'			<u>17h15-18h15</u> RPM		
	<u>17h45-18h15</u> Sprint 30'					
	<u>18h30-19h30</u> RPM			<u>18h45-19h45</u> RPM		
<u>19h30-20h</u> Sprint 30'	<u>19h30-20h</u> Sprint 30'			<u>19h30-20h</u> Sprint 30'		



****cf affichage club
RPM avec coach ou
Sprint/Rpm virtuel**

