



PLANNING COURS AVEC COACH SEMAINE DU 13 AVRIL

| Lun 13 | Mar 14 | Mer 15 | Jeu 16 | Ven 17 | Sam 18 | Dim 19 |
|---|---|---|---|-------------------------------|---|--------|
| 10h-11h GYM | 10h-11h BODY PUMP | 10h-10h45 CUISSSES FESSIERS | 10h-11h BODY BALANCE | 10h-10h45 ABDOS FESSIERS | 10h15-11h15 BODY PUMP (cf affichage club) | |
| | | 10h45-11h15 PILATES | | 10h45-11h15 ETIREMENTS | 11h15-12h15 RPM (sur reserv.) (cf affichage club) | |
| 12h15-13h15 LES MILLS GRIT | 12h15-13h15 BODY PUMP | 12h15-13h15 BODY BALANCE | 12h15-13h15 BODY COMBAT | 12h15-13h15 LES MILLS GRIT | | |
| | 12h15-13h15 TEAM TRAINING (sur réservation) | 17h30-18h PILATES | 12h15-13h15 RPM (sur réservation) | | | |
| | | | | | | |
| 17h30-18h15 BODY PUMP | 17h30-18h15 ABDOS FESSIERS | 18h-18h30 PILATES | 17h30-18h15 TEAM TRAINING (sur réservation) | 17h30-18h BODY PUMP 30' | | |
| 18h15-19h L. Mills Dance VIRTUEL | 18h15-19h15 BODY PUMP | 18h30-19h 100% ABDOS | 17h30-18h15 BODY COMBAT | 18h15-19h LES MILLS DANCE | | |
| 18h30-19h30 RPM (sur réservation) | | 18h30-19h30 RPM (sur réservation) | 18h30-19h30 RPM (sur réservation) | 19h-19h30 PILATES | | |
| 19h-20h Balance VIRTUEL | 19h30-20h15 BODY COMBAT | 19h-19h45 LES MILLS DANCE AVEC CARO | 18h15-19h15 Balance VIRTUEL | | | |
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PLANNING COURS VIRTUEL SEMAINE DU 13 AVRIL

| Lun | Mar | Mer | Jeu | Ven | Sam | Dim |
|---------------------------------|-----------------------------|---------------------------------|---------------------------------|-----------------------------|---|-------------------------------|
| | | | | | 10h15-11h15 Body Pump 55' (cf affichage club) | 10h-10h45 Body Pump 45' |
| | | | | | 11h30-12h30 Body Balance 55' | 10h45-11h15 Core 30' |
| | | | | | 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' | 14h30-15h30 Body Pump 55' | 14h-15h Body Pump 55' | | |
| 15h15-16h15 Body Balance 55' | 15h-16h Body Pump 55' | 14h45-15h45 Body Pump 55' | 15h30-16h30 Body Balance 55' | 15h-16h Body Balance 55' | | |
| | 16h-17h Body Balance 55' | 15h45-16h45 Body Balance 55' | | 16h-17h Body Combat 55' | | |
| 18h15-19h L. Mills Dance 45' | | | | | | |
| 19h-20h Body Balance 55' | | | | | | |



PLANNING RPM/SPRINT VIRTUEL SEMAINE DU 13 AVRIL

| Lun | Mar | Mer | Jeu | Ven | Sam | Dim |
|--|----------------------------------|--|--|----------------------------------|------------------------------------|----------------------------------|
| <u>9h-10h</u> RPM | <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>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>12h15-13h15</u> RPM LIVE (Caro) | <u>12h15-12h45</u> Sprint 30' | <u>11h15-11h45**</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>13h15-13h45</u> Sprint 30' | <u>12h45-13h15</u> RPM 30' | <u>11h45-12h15**</u> RPM 30' | |
| <u>15h-16h</u> RPM | <u>14h30-15h30</u> RPM | <u>15h-16h</u> RPM | <u>14h30-15h30</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>15h30-16h</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>17h15-17h45</u> RPM | <u>17h15-18h15</u> RPM | | |
| <u>18h30-19h30</u> RPM LIVE (Fred) | <u>17h45-18h15</u> Sprint 30' | <u>18h30-19h30</u> RPM LIVE (Nina) | <u>17h45-18h15</u> Sprint 30' | | | |
| | <u>18h30-19h30</u> RPM | | <u>18h30-19h30</u> RPM LIVE (Caro) | <u>18h45-19h45</u> RPM | | |
| <u>19h30-20h</u> Sprint 30' | <u>19h30-20h</u> Sprint 30' | <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**