

# PLANNING DES COURS COLLECTIFS



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10h – 11h	POSTURAL BALANCE Vincent	YOGA (9h30 – 11h) Françoise	GYM DOUCE Lucile		Gym douce Lucile
12h30 – 13h15	BIKE & STRETCHING Lucile	CIRCUIT TRAINING Vincent	TABATA WORKOUT Vincent		CONDITIONING Ben
17h45	YOGA Françoise				YOGA (17h-18h30) Sol
18h15-19h		CAF (18h-18h45) Vincent	STEP Lucile	PUMP Lucile	
19h15-20h	SELF DEFENSE (19h-20h) Tom	CARDIO BOXING Tom	FIT BALL Lucile	BIKE Lucile	