

# PLANNING

| LUNDI   | MARDI                                     | MERCREDI                                     | JEUDI                     | VENDREDI                                  | SAMEDI  |
|---|---|--|---------------------------|---|---|
| 9h-10h<br>GYM                                 | 9h-10h<br>SWISS BALL                      | 9h-10h<br>GYM / STRETCH                      | 9h-10h<br>YOGA            | 9h-10h<br>GYM                             | 9h30-10h30<br>GYM                             |
|   |   |  |                           |   | 10h30-11h30<br>BIKE                           |
| 12h30-13h30<br>GYM                            | 12h30-13h30<br>TRX                        | 12h30-13h30<br>BIKE                          | 12h30-13h30<br>BODY BARRE | 12h30-13h30<br>C.CROSS - TRAINING         | 10h30-12h30<br>CARDIO BOXE<br>(TRAINING ZONE) |
| 18h -18h30<br>C.A.F                           |   | 14h-15h30<br>BOXE 8-14ans<br>(TRAINING ZONE) |                           |   |   |
| 18h30-19h15<br>TRX                            | 18h30-19h30<br>YOGA                       | 18h30-19h30<br>BODY BARRE                    | 18h30-19h<br>GYM INTENSE  | 18h30-19h30<br>YOGA                       |   |
| 19h15-19h30<br>TABLETTES                      |   |  | 19h-19h30<br>TABLETTES    |   |   |
| 19h-20h<br>BIKE                               | 18h30-19h30<br>BIKE                       | 19h-20h<br>BIKE                              | 18h30-19h30<br>BIKE       |   |   |
| 19h30-21h<br>BOXE ANGLAISE<br>(TRAINING ZONE) | 19h30-21h<br>BOXE THAI<br>(TRAINING ZONE) | 19h30-20h30<br>TRX                           | 19h30-20h30<br>YOGA       | 19h30-21h<br>BOXE THAI<br>(TRAINING ZONE) |   |

## HORAIRES D'OUVERTURE

**LUNDI au VENDREDI 7H-21H**

**SAMEDI 9H-16H**

**DIMANCHE 9H-13H**

