

GROUP COURSES

# PLANNING



All Levels : ★

Intermediate & Advance Levels: ★★★

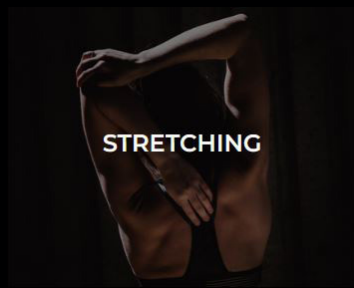
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8h45 - 9h30 45min	★★★ <b>KETTLE BELLS</b>	★ <b>C.V.O.D</b>	★ <b>R.F.M</b>	★ <b>C.V.O.D</b>	★ <b>STRETCH</b>	★ <b>C.V.O.D</b>
9h30 - 10h15 45min	★ <b>STRETCH</b>	★ <b>PHYSIO TRAINING</b>	★ <b>TENZEN</b>	★★★ <b>BODY PUMP</b>	★ <b>SOFT GYM</b>	★ <b>C.V.O.D</b>
10h15 - 11h00 45min	★ <b>C.V.O.D</b>	★★★ <b>G.A.T.S</b>	★ <b>C.V.O.D</b>	★ <b>STRETCH</b>	★ <b>C.V.O.D</b>	★ <b>C.V.O.D</b>
12h30 - 13h30 1h	★ <b>ABDO-FESSIER STRECH</b>	★★★ <b>FIGHT TRAINING</b>	★ <b>C.V.O.D</b>	★★★ <b>ATHLETIC TRAINING</b>	★ <b>TENZEN</b>	
17h30 - 18h15 45min		★★★ <b>KETTLE BELLS</b>		★★★ <b>ATHLETIC TRAINING</b>		
18h15 - 19h15 45min	★★★ <b>INTER BIKE</b> 1h	★ <b>ZUMBA</b>	★★★ <b>BODY PUMP</b>	★ <b>TENZEN</b>	<b>TRAINING &amp; ADVICE</b>	
19h15 - 20h00 45min	★ <b>G.A.T.S</b>		★ <b>G.A.T.S</b>			



PHYSIO TRAINING



Improvement of the body pattern by maintenance and proprioception. Better control of body positions and balance.



STRETCHING



Stretches of all the muscles of the body through various sequences of movements. Effective before training to avoid trauma and after for optimal recovery.



TENZEN



A mixture of stretching, yoga, relaxation and meditation. Reduces muscle and nerve tension.



SOFT GYM



Gentle sequence of physiological movements. Muscular strengthening of all the muscles of the body.



ZUMBA



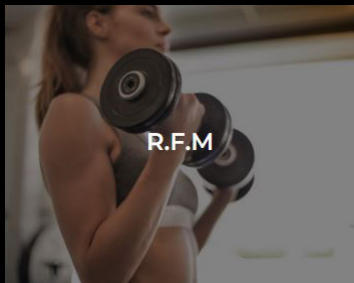
Cardio-training activity performed on Latin rhythms. Energy expenditure, cardiovascular activity, coordination.



C.V.O.D



Video Courses on demands. Take advantage of the video retroprojector to launch your course according to a dozen different disciplines.



R.F.M



Toning course with use of small equipment. Muscle building of all muscles of the body.



KETTLE BELLS



Ballistic toning course using a single weight called Kettle Bell. Muscle building of all muscles of the body.



G.A.T.S



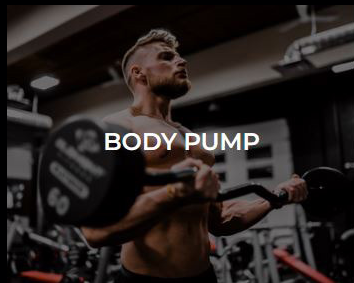
Glutes . Abdos . Thighs . Size. Specific training dedicated to strengthening the body and muscles mentioned.



INTER BIKE



Circuit training including biking sequences. Improvement of toning and cardio-respiratory abilities



BODY PUMP



Series of weight-bearing exercises including squats, presses and lifts. Bodybuilding and strenghtening of all the major muscles of the body.



ATHLETIC TRAINING



Circuit training including biking sequences. Improvement of toning and cardio-respiratory abilities.

STARTER · REHABILITATION · COMPETITOR

# PRIVATE COACHING

Our Private Coaching Courses are studied at your image, according to your needs and your body, our coaches will create a tailor-made program that will guide you to reach your goals.

We put at your disposal high-level coaches with state degrees who will know how to meet all your specific needs.

**CONTACT US OR COME AND VISIT THE CLUB**