

GROUP COURSES

PLANNING



All Levels : ★

Intermediate & Advance Levels: ★★★

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