

GROUP COURSES

# PLANNING



All Levels : ★

Intermediate & Advance Levels: ★★★

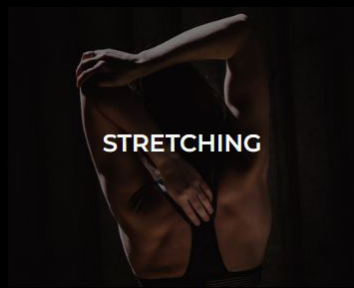
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8h45 - 9h30 45min	★ <b>PHYSIO TRAINING</b>	★ <b>C.V.O.D</b>	★ <b>R.F.M</b>	★ <b>C.V.O.D</b>	★ <b>C.V.O.D</b>	★ <b>C.V.O.D</b>
9h30 - 10h15 45min	★ <b>STRETCH</b>	10h00 - 11h00 ★★★ <b>ATHLETIC TRAINING</b>	★ <b>TENZEN</b>	★★★ <b>BARRE TRAINING</b>	10h00 - 11h00 ★ <b>SOFT GYM STRETCH</b>	★ <b>C.V.O.D</b>
10h15 - 11h00 45min	★ <b>C.V.O.D</b>		★ <b>C.V.O.D</b>	★ <b>STRETCH</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>BARRE TRAINING</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

★★★

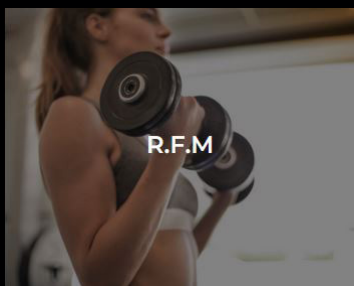
Cardio-training activity performed on Latin rhythms. Energy expenditure, cardiovascular activity, coordination.



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

★★★

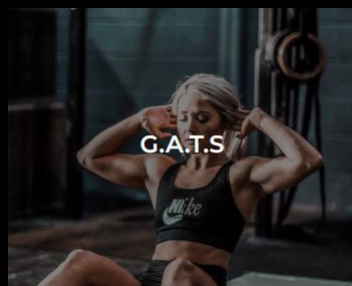
Toning course with use of small equipment. Muscle building of all muscles of the body.



KETTLE BELLS

★★★

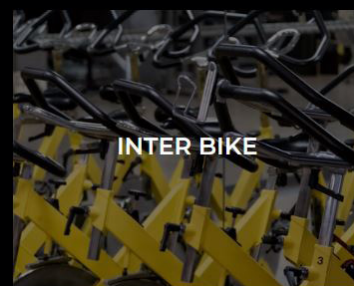
Ballistic toning course using a single weight called Kettel Bell. Muscle building of all muscles of the body.



G.A.T.S

★★★

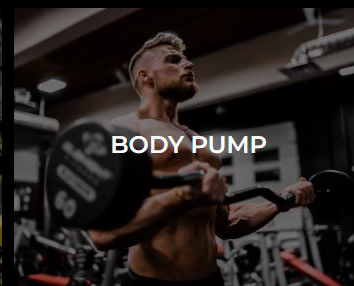
Glutes . Abdos . Thighs . Size. Specific training dedicated to strengthening the body and muscles mentioned.



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**