

GROUP COURSES

PLANNING



All Levels : ★

Intermediate & Advance Levels: ★★★

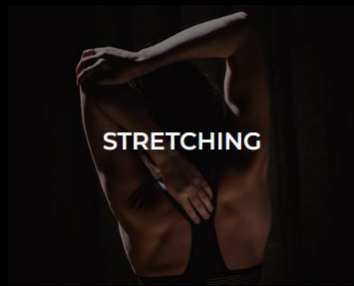
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8h45 - 9h30 45min	★ R.F.M	★ C.V.O.D	★ PHYSIO TRAINING	★ C.V.O.D	★ C.V.O.D	★ C.V.O.D
9h30 - 10h15 45min	★ TENZEN	10h00 - 11h00 ★★★ ATHLETIC TRAINING	★ STRETCH	★★★ BARRE TRAINING	10h00 - 11h00 ★ SOFT GYM STRETCH	★ C.V.O.D
10h15 - 11h00 45min	★ C.V.O.D	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



PHYSIO TRAINING

★

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



STRETCHING

★

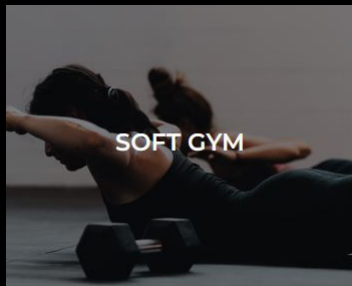
Stretches of all the muscles of the body through various sequences of movements. Effective before training to avoid trauma and after for optimal recovery.



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

★★★

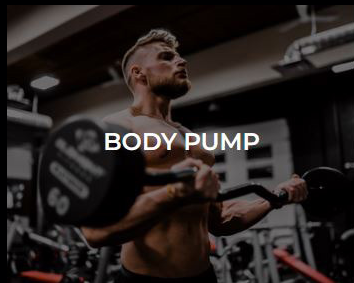
Glutes . Abdos . Thighs . Size. Specific training dedicated to strengthening the body and muscles mentioned.



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