PLANNING SAISON 2023-2024

	lundi			*Mardi*			*Mercredi*			*jeudi*			*vendredi*			*Samedi*		
	salle A	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*	*salle A*	*salle B*	*muscu*
9h15 10h	GYM DOUCE			BODY SCULPT			BODY GIM			CAF	HILOW		BODY SCULPT				BIKE TOP RIDE	
10h15 11h	ABDOS DOS	STRETCH		CAF	HILOW		GYM DOUCE			AEROGYM	STRETCH		GYM DOUCE	STRETCH		CAF		
11h15 12h	STRETCH	GYM DOUCE		PILATES MAT			STRETCH		CTM Circuit Attack	PILATES FOND			PILATES MATERIEL			PILATES FOND		
12h30 13h15	FULL BODY	YOGA Ahstanga		CORE TRAINING	PILATES 2		CROSS TRAINING			POWER			TRX	CAF				
15h30 16h15	PILATES 2			STRETCH			STRETCH											CTM full attack
16h30 17h15	TRX			CAF			BODY SCULPT											
17h30 18h15	PILATES MAT		CTM Buste Attack	TABATA	BIKE TOP RIDE		PILAT MAT		CTM Leg Day	CAF	BIKE TOP RIDE	CTM Full Attack	HILOW **17H45**					
18h30 19h15	CARDIO BOXE	STRETCH **18h45**	CTM Leg day	BODY SCULPT	KUDURO	CTM Circuit Attack	POWER	YOGA Ashtanga **18h/19h**		HIIT	ZUMBA		CROSS TRAINING **18h45**	YOGA VINYASA **18h30 19h30**				
19h30 20h15	CAF	BIKE TOP RIDE		CROSS TRAINING	STEP		TRX	AEROMIX		LIA	PILATES 2		**STRETCH 19h45**					