

LUNDI**MARDI****MERCREDI****JEUDI****VENREDI****08h30 - 9h15****COACH
TIME**

OLYMPIA

09h15 - 10h00**BODY
BARRE
CARDIO****CUISSES
ABDOS
FESSIERS****BODY
BARRE****CUISSES
ABDOS
FESSIERS****BODY
BARRE****10h15 - 11h****VENTRE
PLAT****BODY
CARDIO****CROSS
TRAINING****YOGA
STRETCHING****PILATES
DEBUTANT****11h15 - 12h****COACH
TIME**

OLYMPIA

**COACH
TIME**

OLYMPIA

**COACH
TIME**

OLYMPIA

12h30 - 13h15**CROSS
TRAIN****COACH
TIME**

OLYMPIA

**CAF
CARDIO****COACH
TIME**

OLYMPIA

**BODY
CARDIO****COACH
TIME**

OLYMPIA

**BODY
BARRE
CARDIO****COACH
TIME**

OLYMPIA

**COACH
TIME**

OLYMPIA



Planning Wellness et Olympia

18h15 - 19h**YOGA
STRETCHING****VENTRE
PLAT****COACH
TIME**

OLYMPIA

**CUISSES
ABDOS
FESSIER****COACH
TIME**

OLYMPIA

**BODY
CARDIO****COACH
TIME**

OLYMPIA

**COACH
TIME**

OLYMPIA

19h15 - 20h**COACH
TIME**

OLYMPIA

**YOGA
STRETCHING****STRECH
MOB****COACH
TIME**

OLYMPIA

**POSTURAL
TRAINING**