

Planning YYELLOW

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
sem. paires impaires	sem. paires impaires	sem. paires impaires	sem. paires impaires	sem. paires impaires	sem. paires impaires	sem. paires impaires
	7h15  INTERVAL TRAINING Freestyle				9h15  INTERVAL ENDURANCE TRAINING 60mn Freestyle La Route	9h15  ENDURANCE INTERVAL 60mn TRAINING La Route Freestyle
	10h  MOBILITE	9h15  INTERVAL TRAINING Freestyle	9h15 PILATES MAT	9h15  MOBILITE		
	12h15  INTERVAL TRAINING Freestyle	12h15  INTERVAL TRAINING Freestyle	12h15  ENDURANCE INTERVAL 60mn TRAINING La Route Freestyle	12h15 PILATES MAT 13h15  INTERVAL TRAINING Freestyle	11h  ENDURANCE INTERVAL 60mn TRAINING La Route Freestyle	11h  INTERVAL ENDURANCE TRAINING 60mn Freestyle La Route
	15h  MOBILITE	15h  PARENT / ADO Freestyle			15h  PARENT / ADO Freestyle	15h ANNIVERSAIRE ENFANTS
LIBRE ACCES / COACHING PERSO	LIBRE ACCES / COACHING PERSO	LIBRE ACCES / COACHING PERSO	LIBRE ACCES / COACHING PERSO	LIBRE ACCES / COACHING PERSO	OU 15h ANNIVERSAIRE ENFANTS	
17h30  INTERVAL TRAINING Freestyle	18 h PILATES MAT 19h  INTERVAL TRAINING Freestyle	19h  INTERVAL TRAINING Freestyle	18h30  INTERVAL ENDURANCE TRAINING 60 60mn Freestyle La Route 20h  INTERVAL TRAINING Freestyle	18h  INTERVAL TRAINING 60 Freestyle	PILATES MAT MOBILITE BASE INTENSITE INTERVAL TRAINING Parent / ADO INTERVAL TRAINING 60 ENDURANCE 60mn	Pilates au sol, adapté à tous Mobilité / Renfo / Bike / Stretch calme Bike pour débuter ou être plus calme Bike intense et/ou adaptatif Bike pour parents et enfants Bike intense et/ou adaptatif (60mn) Bike Immersion Route 60mn
19h  ENDURANCE 60mn La Route						

Planning non contractuel