


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		
				9h15 /// INTERVAL TRAINING Freestyle		9h15 PILATES MAT		9h15 /// MOBILITE		9h15 /// INTERVAL TRAINING ENDURANCE Freestyle 60mn La Route		9h15 /// ENDURANCE INTERVAL 60mn TRAINING La Route Freestyle			
		10h /// MOBILITE													
		12h15 /// INTERVAL TRAINING Freestyle		12h15 /// ENDURANCE 60mn La Route		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	
		LIBRE ACCES		LIBRE ACCES		LIBRE ACCES		LIBRE ACCES		LIBRE ACCES		15h ANNIVERSAIRE ENFANTS		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 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 intense et/ou adaptatif (60mn) Bike Immersion Route 60mn			
19h /// ENDURANCE 60mn La Route															

Planning non contractuel