

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<u>ELODIE</u>	<u>RODOLPHE</u>	<u>RODOLPHE</u>	<u>ISMAEL</u>	<u>RODOLPHE</u>	<u>CHRISTELLE</u>	

**OUVERTURE DE LA SALLE 6H30  
COACHING PLATEAU**

					<u>10H30-11H</u> C.A.F <u>11H15-11H45</u> CROSS TRAINING <u>11H45-12H30</u> STEP <u>12H30-12H45</u> ABDOS FLASH	
	<u>12H30-13H30</u> C.A.F STRETCHING		<u>12H30-13H30</u> C.A.F STRETCHING			

**COACHING PLATEAU**

<u>18H-18H30</u> ABDOS FLASH	<u>18H-18H45</u> BODY SCULPT	<u>18H-19H</u> BODY COMBAT	<u>18H-18H45</u> BODY SCUPLT	<u>18H-18H45</u> BODY PUMP		
<u>18H30-19H15</u> BIKING	<u>18H45-19H30</u> CROSS TRAINING	<u>19H-19H45</u> CAF	<u>18H45-19H15</u> BIKING	<u>18H45-19H45</u> CROSS TRAINING		
<u>19H15-20H</u> BODY COMBAT	<u>19H30-20H15</u> C.A.F	<u>19H45-20H15</u> BIKING	<u>19H15-20H</u> BODY ATTACK	<u>19H45-20H30</u> BIKING		
<u>20H-20H45</u> C.A.F	<u>20H15-20H30</u> STRETCHING	<u>20H15-20H30</u> STRETCHING	<u>20H-20H45</u> BODY PUMP	<u>20H30-20H45</u> STRETCHING		
<u>20H45-21H</u> STRETCHING			<u>20H45-21H</u> STRETCHING			
<u>21H-22H30</u> GRAPPLING/ JU JITSU		<u>21H-22H30</u> GRAPLING/ JU JITSU		<u>21H-22H30</u> GRAPLING/JU JITSU		

