



Planning des coaching collectifs

Lundi

Coaching virtuel

Body Pump
Body Balance
Body Attack

12h30-13h15

Body Pump
Zoé

17h30-18h00

Body Pump
Zoé

18h00-18h30

HIIT Boxing
Vincent

Mardi

9h30-10h15

Body Combat
Alexandra

10h30-11h15

Body Balance
Alexandra

12h30-13h15

Cross Training
Vincent

17h45-18h30

Combat
Cécile

18h40-19h25

RPM
Zoé

Mercredi

Coaching virtuel

Body Pump
Body Balance
Body Attack

12h30-13h15

RPM
Zoé

17h45-18h30

CAF
Vincent

18h40-19h25

Cross Training
Vincent

19h30-20h30

Krav-Maga*
Michel

Jeudi

9h30-10h15

Body Pump
Zoé

10h30-11h15

Body Balance
Zoé

12h30-13h15

Body Attack
Alizée

18h00-18h30

Renfo
Cécile

18h30-19h00

HIIT Cardio
Cécile

19h00-19h30

Abdos/Stretch
Cécile

Vendredi

9h30-10h15

RPM
Alexandra

10h30-11h15

Stretch
Alexandra

12h30-13h15

CAF
Alexandra

Samedi

10h00-10h45

Body Pump
Zoé

11h00-11h45

RPM
Zoé