

METAL 57



Type de cours

- Cardio
- Renforcement
- Zen

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 - 09:30	Accueil & Inscription & Coaching 07:30 – 08:00 / 08:45 – 09:30				
	Coaching sur machine 08:00 – 08:45	HIIT 08:00 – 08:45	Body Sculpt 08:00 – 08:45	CAF 08:00 – 08:45	Coaching sur machine 08:00 – 08:45
09:30 - 11:30	Accès libre 09:30 – 11:30				
11:30 - 14:30	Accueil & Inscription & Coaching 11:30 - 14:30				
	HIIT 12:15 – 13:00	Body Sculpt 12:15 – 13:00	CAF 12:15 – 13:00	HIIT 12:15-13:00	Body Barre 12:15 – 13:00
	Yoga 13:00 – 13:45	Mobilité 13:00 – 13:45	Yoga 13:00 – 13:45	Pilates 13:00 – 13:45	Abdos -Stretching 13:00 – 13:45
14:30 - 17:30	Accès libre 14:30 – 17:30				
17:30 - 20:30	HIIT 18:15 – 19:00	Pilates 18:15 – 19:00	Cycling 18:15 – 19:00	Circuit Plateau 18:15 – 19:00	WOD 18:00 – 18:30
	Posture 19:00 – 19:30	Burning Danse 19:00 – 19:45	Body Barre 19:00 – 19:45	Body Sculpt 19:00 – 19:45	Body Zen 18:30 – 19:00