


PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

BRÉTIGNY

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
		17h30-18h30		18h00-19h00	10h00-11h00
		CROSS TRAINING		CROSS TRAINING	CROSS TRAINING
18h30-19h30	18h30-19h30	18h30-19h30	18h30-19h30	19h00-20h00	11h00-12h00
CROSS TRAINING	CIRCUIT TRAINING	CIRCUIT TRAINING	HIIT	CROSS TRAINING	STEP
19h30-20h00	19h30-20h30	19h30-20h30	19h30-20h30	20h00-20h45	
ABDOS FLASH	BOXE	CAF	FULL BODY	PILATES	
20h00-20h30	20h30-21h00		20h30-20h45		
STRETCHING	CAF		ABDOS FLASH		

RÉSERVATION OBLIGATOIRE sur  l'application FitnessPark.