

# PLANNING DES COURS COLLECTIFS COACHÉS

**FITNESS PARK**

SE DÉPASSER - SE SURPASSER

**CANNES LA BOCCA**

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h15-10h15	09h15-10h15	09h15-10h15	09h30-10h30	09h00-10h00		
<b>EXTRAVADANZA</b> (COACH JOËL)	<b>BODY PUMP</b> (COACH ANNA LENA)	<b>CAF</b> (COACH JOËL)	<b>SPINNING</b> (COACH PAULA)	<b>PILATES</b> (COACH CAMILLE)		
10h15-11h15	10h15-11h00	10h15-11h15	10h30-11h30	10h00-11h30	09h30-10h30	10h00-11h00
<b>CAF</b> (COACH JOËL)	<b>SPINNING</b> (COACH WENDY)	<b>STRETCHING</b> (COACH JOËL)	<b>BODY BALANCE</b> (COACH PAULA)	<b>YOGA</b> (COACH CAMILLE)	<b>BODY PUMP</b> (COACH KAMEL)	<b>BODY PUMP</b> (COACH KAMEL)
	12h30-13h30		11h30-12h30	12h30-13h30	10h30-11h30	11h00-12h00
	<b>SPINNING</b> (COACH ANNA LENA)		<b>ZUMBA</b> (COACH WENDY)	<b>EXTRAVADANZA</b> (COACH JOËL)	<b>SPINNING</b> (COACH KAMEL)	<b>SPINNING</b> (COACH KAMEL)
12h30-13h30	12h30-13h30	12h30-13h30	12h30-13h30	12h30-13h30	11h30-12h30	
<b>BODY PUMP</b> (COACH JOËL)	<b>PILATES</b> (COACH NATHALIE)	<b>BODY SCULPT</b> (COACH JOËL)	<b>SPINNING</b> (COACH PAULA)	<b>SPINNING</b> (COACH MATTHIEU)	<b>CROSS TRAINING</b> (COACH KAMEL)	
17h00-18h00	14h30-16h30	17h30-18h30	12h30-13h30	14h30-16h30		
<b>ATHLETIC FORCE</b> (COACH JOËL)	<b>YOGA</b> (COACH FRANÇOISE)	<b>BODY PUMP</b> (COACH EMILIE)	<b>CAF</b> (COACH WENDY)	<b>YOGA</b> (COACH FRANÇOISE)		
18h00-19h00	17h30-18h30	18h30-19h30	18h00-19h00	17h30-18h30		
<b>BODY PUMP</b> (COACH JOËL)	<b>ZUMBA</b> (COACH WENDY)	<b>HIIT STEP RENFO</b> (COACH ÉMILIE)	<b>BODY JAM</b> (COACH ANNA)	<b>CAF</b> (COACH WENDY)		
18h00-18h45	18h30-19h30	18h30-19h30	19h00-20h00	18h30-19h30		
<b>SPINNING</b> (COACH KAMEL)	<b>BODY PUMP</b> (COACH LINDA)	<b>SPINNING</b> (COACH WENDY)	<b>SPINNING</b> (COACH LINDA)	<b>BODY COMBAT</b> (COACH ANNA)	<b>STRETCHING</b> (COACH GÉRARD)	
19h00-20h00	19h30-20h15	19h30-20h30				
<b>BODY ATTACK</b> (COACH KAMEL)	<b>CAF</b> (COACH WENDY)	<b>YOGA</b> (COACH LINDA)				