

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

HÉNIN BEAUMONT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
18h30-19h15	18h30-19h15	18h30-19h15	18h30-19h15	18h30-19h15
CROSS TRAINING	TABATA	WOD	PUMP	BOXE
19h30-20h15	19h30-20h15	19h30-20h15	19h30-20h15	19h30-20h15
CAF	CORE TRAINING	RENFO	STRETCHING	CROSS TRAINING

