


PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

MÉRU

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h00-10h45				09h30-10h00	10h45-12h15
CIRCUIT TRAINING COACH GREGORY				RDV COACH COACH NICOLAS	RDV COACH COACH MANON
10h45-12h15				10h00-10h45	12h00-12h30
RDV COACH COACH GREGORY				CIRCUIT TRAINING COACH NICOLAS	CROSS TECHNIQUE COACH MANON
12h15-13h00				12h15-13h00	12h00-13h15
CROSS COACH GREGORY				CROSS COACH NICOLAS	CROSS COACH MANON
				13h00-13h30	13h15-14h00
				RDV COACH COACH NICOLAS	STRETCHING COACH MANON
17h00-18h30					
RDV COACH COACH NICOLAS					
18h30-18h30					
CROSS COACH NICOLAS					
19h30-21h00					
RDV COACH COACH NICOLAS					

RÉSERVATION OBLIGATOIRE sur  l'application FitnessPark.