

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK
SE DÉPASSER - SE SURPASSER

NICE SAINT-ISIDORE

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
09h30-10h30		09h30-10h30		09h00-10h00	09h15-10h00	09h30-10h30		09h00-10h00		09h30-10h30			
BODY SCULPT COACH KÉVIN		ZUMBA COACH KÉVIN		SPINNING COACH TIFFANIE	CAF COACH PAULINE	CROSS TRAINING COACH KÉVIN		SPINNING COACH TIFFANIE		BODY PUMP COACH MAEVA			
10h30-11h15		10h30-11h30		10h00-11h00		10h30-12h00	10h30-11h30	10h00-11h00		10h30-11h30		10h00-11h00	
STRETCHING COACH KÉVIN		PILATES COACH JUSTIN		BODY PUMP COACH PAULINE		SPINNING COACH KÉVIN	STRETCHING COACH MAEVA	BODY PUMP COACH TIFFANIE		SPINNING COACH MAEVA		SPINNING COACH JEAN-PIERRE	
11h15-11h45		11h30-12h30		11h00-11h45		11h30-12h30		11h15-12h15		11h30-12h15		11h00-12h00	
SPÉCIAL ABDOS COACH KÉVIN		BODY PUMP COACH JUSTIN		STRETCHING COACH TIFFANIE		CAF COACH TIFFANIE		STRETCH POSTURAL COACH SOPHIE		CAF COACH MAEVA		BODY PUMP COACH JEAN-PIERRE	
12h15-13h15	12h15-13h15	12h30-13h15	12h30-13h30	12h00-12h30		12h30-13h30		12h15-13h15	12h30-13h30			12h00-13h00	
PILATES COACH SOPHIE	SPINNING COACH KÉVIN	BODY ATTACK COACH KÉVIN	SPINNING COACH JUSTIN	ABDOS COACH PAULINE		BODY PUMP COACH MAEVA	SPINNING COACH TIFFANIE	BODY BALANCE COACH SOPHIE	SPINNING COACH KÉVIN			BODY ATTACK COACH JEAN-PIERRE	
13h15-14h15		13h15-14h00		12h30-13h30		13h30-14h00		13h15-13h45					
BODY BALANCE COACH SOPHIE		STRETCHING COACH KÉVIN		CROSS TRAINING COACH PAULINE		SPÉCIAL ABDOS COACH TIFFANIE		FLASH ABDOS FESSIERS COACH SOPHIE					
15h30-16h15						14h45-15h30		14h30-16h00					
STRETCHING COACH KÉVIN						STRETCHING COACH KÉVIN		YOGA COACH ANDY					
16h30-17h30		16h00-17h00		16h00-17h00		15h30-16h45		16h00-16h30					
BODY PUMP COACH MAEVA		CROSS TRAINING COACH PAULINE		BODY PUMP COACH TIFFANIE		PILATES COACH JUSTIN		SPECIAL ABDOS COACH KÉVIN					
17h30-18h30		17h00-17h30		17h00-17h45		16h45-17h30		16h30-17h15		17h00-18h00			
CROSS TRAINING COACH MAEVA		SPÉCIAL ABDOS COACH PAULINE		CAF COACH SOPHIE		CAF COACH TIFFANIE		CROSS TRAINING COACH KÉVIN		BODY ATTACK COACH HUGO			
		17h30-18h30		17h45-18h30		17h30-18h30		17h15-18h15	17h30-18h30	18h00-19h00			
		BODY PUMP COACH MAEVA		STRETCHING/PILATES COACH SOPHIE		BODY PUMP COACH JUSTIN		ZUMBA COACH KÉVIN	RPM COACH HUGO	SPINNING COACH HUGO			
18h30-19h30	18h30-19h30	18h30-19h30	18h30-19h30	18h30-19h30		18h30-19h30		18h30-19h30					
BODY JAM COACH FABIEN	SPINNING COACH MAEVA	BODY COMBAT COACH MAEVA	RPM COACH PAULINE	BODY BALANCE COACH SOPHIE	SPINNING COACH TIFFANIE	BODY JAM COACH TIFFANIE	SPINNING COACH JUSTIN	BODY COMBAT COACH HUGO					
19h30-20h30		19h30-20h00		19h30-20h30		19h30-20h30		19h30-20h30					
BODY BALANCE COACH FABIEN		STRETCHING COACH MAEVA		BODY JAM COACH TIFFANIE		STRETCHING COACH TIFFANIE		BODY PUMP COACH HUGO					