

# PLANNING DE LA RENTRÉE



	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9h45/10h30						CROSS TEENS 9h45/10h30
10h30/11h15	ABDOS / STRETCH	PUMP	PILATES	BODY CORE	STRETCH	CROSS DÉBUTANT CROSS KIDS 10h30/11h15
12h30/13h15	PUMP (30') STRETCH (15') CROSS TRAINING	PILATES / YOGA HBX MOVE	PUMP CROSS TRAINING	RPM ABDOS STRETCH	CAF OU BODY CORE CROSS TRAINING	CROSS TRAINING RPM 11h15/12h00
15h00/18h00			CROSS KIDS 15h00/16h00 CROSS TEENS 16h00/17h00	HBX MOVE 17h30/18h00		
18h15/19h00	PUMP CROSS TRAINING	BODY CORE CROSS TRAINING	RPM CROSS TRAINING	ATTACK CROSS TRAINING	HBX MOVE RPM	
19h15/20h00	RPM CAF	ATTACK CROSS TRAINING	PILATES HBX MOVE	PUMP CROSS TRAINING	STEP CROSS TRAINING	
20h00/20h30		STRETCH		STRETCH		