



Planning des Cours collectifs avec coach (Ouriel)

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
Conseil Plateau 10h30-12h00	Conseil Plateau 10h30-12h00		Conseil Plateau 10h30-12h00	Conseil Plateau 10h30-12h00
Cuisses Abdos Fessiers 12h00-13h00	Body Pump 12h00-12h45		Body Sculpt 12h00-12h40	Cross Training 12h00-13h00
	100%Abdos+Stretching 12h40-13h00		100%Abdos+Stretching 12h40-13h00	
Conseil Plateau 15h00-18h00		Conseil Plateau 15h00-18h00		Conseil Plateau 15h00-18h00
Body Barre 18h00-18h40	Conseil Plateau 15h00-19h30	Body Barre 18h00-18h40	Conseil Plateau 15h00-19h30	Cuisses Abdos Fessiers 18h00-19h00
100%Abdos+Stretching 18h40-19h00		100%Abdos+Stretching 18h40-19h00		
Cross Training 19h00-20h00		Cross Training 19h00-20h00		Cross Training 19h00-20h00

	Lundi	Mardi	Mercredi	jeudi	Vendredi	Samedi	Dimanche	
6h30	ABDOS PUR	PILATES	BODY SCULPT	ABDOS FESSIERS	POWER BARRE	BODY SCULPT	POWER BARRE	6h30
7h00	ABDOS FESSIERS	POWER BARRE	PILATES	STRETCHING	ABDOS PUR	PILATES	STEP 1	7h00
7h30	POWER BARRE	ABDOS FESSIERS	AEROBIC	POWER BARRE	STRETCHING	POWER BARRE	ABDOS PUR	7h30
8h00	PILATES	AEROBIC	YOGA	PILATES	STEP 1	ABDOS PUR	STRETCHING	8h00
8h30	STRETCHING	YOGA	DANCE	STEP 1	STEP 2	STRETCHING	BODY SCULPT	8h30
9h00	AEROBIC	STEP 1	ABDOS PUR	BODY SCULPT	PILATES	STEP 2	PILATES	9h00
9h30	YOGA	STRETCHING	STEP 1	YOGA	ABDOS FESSIERS	YOGA	ABDOS FESSIERS	9h30
10h00	STEP 2	BODY SCULPT	STRETCHING	ABDOS FESSIERS	AEROBIC	DANCE	STEP 2	10h00
10h30	STRETCHING	ABDOS PUR	ABDOS FESSIERS	STRETCHING	YOGA	AEROBIC	YOGA	10h30
11h00	BODY SCULPT	DANCE	POWER BARRE	AEROBIC	ABDOS PUR	ABDOS FESSIERS	POWER BARRE	11h00
11h30	ABDOS FESSIERS	PILATES	STEP 2	STEP 2	STRETCHING	STEP 1	DANCE	11h30
12h00	STEP 1	STRETCHING	ABDOS FESSIERS	ABDOS PUR	STEP 1	ABDOS PUR	STRETCHING	12h00
12h30	ABDOS PUR	STEP 2	AEROBIC	POWER BARRE	ABDOS FESSIERS	STEP 2	STEP 1	12h30
13h00	DANCE	YOGA	DANCE	PILATES	AEROBIC	PILATES	ABDOS FESSIERS	13h00
13h30	PILATES	ABDOS FESSIERS	ABDOS PUR	DANCE	STEP 2	POWER BARRE	AEROBIC	13h30
14h00	ABDOS FESSIERS	STEP 1	STRETCHING	YOGA	BODY SCULPT	DANCE	YOGA	14h00
14h30	STRETCHING	ABDOS PUR	STEP 1	STRETCHING	PILATES	STRETCHING	STEP 1	14h30
15h00	BODY SCULPT	AEROBIC	ABDOS FESSIERS	STEP 1	POWER BARRE	BODY SCULPT	ABDOS PUR	15h00
15h30	YOGA	DANCE	BODY SCULPT	ABDOS FESSIERS	YOGA	DANCE	BODY SCULPT	15h30
16h00	POWER BARRE	ABDOS FESSIERS	PILATES	BODY SCULPT	DANCE	STEP 1	PILATES	16h00
16h30	AEROBIC	STEP 1	STRETCHING	ABDOS PUR	ABDOS FESSIERS	ABDOS PUR	ABDOS FESSIERS	16h30
17h00	STEP 1	STRETCHING	ABDOS FESSIERS	STEP 2	ABDOS PUR	AEROBIC	STRETCHING	17h00
17h30	ABDOS FESSIERS	POWER BARRE	STEP 2	YOGA	STRETCHING	YOGA	STEP 2	17h30
18h00	STEP 2	ABDOS PUR	AEROBIC	DANCE	STEP 2	ABDOS FESSIERS	ABDOS PUR	18h00
18h30	STRETCHING	ABDOS FESSIERS	POWER BARRE	PILATES	PILATES	DANCE	STEP 1	18h30
19h00	DANCE	STEP 2	PILATES	ABDOS FESSIERS	STEP 1	STEP 2	DANCE	19h00
19h30	ABDOS PUR	DANCE	BODY SCULPT	ABDOS PUR	AEROBIC	STEP 1	YOGA	19h30
20h00	STEP 1	STEP 1	YOGA	POWER BARRE	YOGA	STRETCHING	ABDOS FESSIERS	20h00
20h30	ABDOS FESSIERS	BODY SCULPT	DANCE	STEP 1	ABDOS FESSIERS	BODY SCULPT	AEROBIC	20h30
21h00	STRETCHING	YOGA	ABDOS PUR	STRETCHING	STRETCHING	POWER BARRE	ABDOS PUR	21h00
21h30	POWER BARRE	ABDOS FESSIERS	STEP 1	AEROBIC	BODY SCULPT	ABDOS FESSIERS	POWER BARRE	21h30
22h00	YOGA	ABDOS PUR	ABDOS FESSIERS	STEP 2	DANCE	STRETCHING	PILATES	22h00