

# Planning cours interactifs



| HEURES | LUNDI    | MARDI    | MERCREDI | JEUDI    | VENDREDI | SAMEDI   | DIMANCHE | HEURES |
|--------|----------|----------|----------|----------|----------|----------|----------|--------|
| 6h15   | HYPER C  | QI-QONG  | POWER    | YOGA     | X55      | OXIGENO  | ABS (x2) | 6h15   |
| 7h     | X55      | ABS (x2) | YOGA     | POWER    | ABS (x2) | HYPER C  | FIGHT DO | 7h     |
| 7h45   | YOGA     | HYPER C  | ABS (x2) | X55      | OXIGENO  | POWER    | ELEVEN   | 7h45   |
| 8h30   | POWER    | ELEVEN   | HYPER C  | QI-QONG  | X55      | STRETCH  | X55      | 8h30   |
| 9h15   | STEP     | YOGA     | OXIGENO  | ABS (x2) | POWER    | X55      | ABS (x2) | 9h15   |
| 10h    | ELEVEN   | X55      | ABS (x2) | HYPER C  | YOGA     | ABS (x2) | POWER    | 10h    |
| 10h45  | STRETCH  | FIGHT DO | POWER    | X55      | ABS (x2) | ELVEN    | OXIGENO  | 10h45  |
| 11h30  | ABS (x2) | POWER    | YOGA     | STEP     | FIGHT DO | HYPER C  | ELVEN    | 11h30  |
| 12h15  | OXIGENO  | ABS (x2) | HYPER C  | ABS (x2) | POWER    | X55      | STEP     | 12h15  |
| 13h    | HYPER C  | ELVEN    | ABS (x2) | STRETCH  | X55      | STEP     | POWER    | 13h    |
| 13h45  | X55      | YOGA     | STEP     | ABS (x2) | POWER    | X55      | HYPER C  | 13h45  |
| 14h30  | STEP     | ABS (x2) | POWER    | FIGHT DO | X55      | OXIGENO  | STRETCH  | 14h30  |
| 15h15  | FIGHT DO | OXIGENO  | HYPER C  | X55      | QI-QONG  | ABS(x2)  | POWER    | 15h15  |
| 16h    | ELEVEN   | ABS (x2) | X55      | HYPER C  | ELEVEN   | STEP     | ABS (x2) | 16h    |
| 16h45  | ABS (x2) | STEP     | FIGHT DO | POWER    | OXIGENO  | HYPER C  | X55      | 16h45  |
| 17h30  | HYPER C  | STRETCH  | ABS (x2) | OXIGENO  | ABS (x2) | POWER    | QI-QONG  | 17h30  |
| 18h15  | ABS (x2) | X55      | YOGA     | ELEVEN   | X55      | ABS (x2) | OXIGENO  | 18h15  |
| 19h    | STRETCH  | HYPER C  | X55      | ABS x2   | POWER    | STEP     | ABS (x2) | 19h    |
| 19h45  | ABS (x2) | YOGA     | HYPER C  | X55      | FIGHT DO | POWER    | X55      | 19h45  |
| 20h30  | X55      | ABS (x2) | POWER    | YOGA     | OXIGENO  | ELEVEN   | POWER    | 20h30  |
| 21h15  | QI-QONG  | ELEVEN   | ABS (x2) | POWER    | ABS (x2) | STRETCH  | HYPER C  | 21h15  |
| 22h    | HYPER C  | X55      | OXIGENO  | ABS (x2) | ELEVEN   | ABS x2   | X55      | 22h    |