

# PLANNING DES COURS



| horaires | lundi            | mardi            | mercredi         | jeudi            | vendredi         | samedi           |   |
|----------|------------------|------------------|------------------|------------------|------------------|------------------|---|
| 9h00     | Reformer circuit | Reformer Flow    | Reformer cardio  | Reformer Flow    | Reformer circuit | Reformer Flow    |   |
| 10h00    |                  |                  |                  |                  |                  | Zumba            | 1 |
| 12h30    | Reformer cardio  | Reformer circuit |                  | Reformer Flow    | Circuit training | Circuit training | 2 |
|          |                  |                  |                  |                  |                  | Pilates fusion   | 3 |
| 17h30    | Pilates fusion   | Reformer Flow    | Reformer circuit | Circuit training | Reformer Flow    |                  |   |
| 18h30    | Reformer Flow    | Zumba            | Pilates fusion   | Reformer cardio  | Zumba            |                  |   |

LES SÉANCES ONT UNE DURÉE DE 45 MINUTES

CHAUSSETTES DE PILATES OBLIGATOIRES ET SERVIETTES

LES COURS DU SAMEDI VARIENT D'UNE SEMAINE À L'AUTRE SELON LE COACH

1: MARINE 2: EMIE 3: CHRISTELLE