

PLANNING COURS COLLECTIFS

LUNDI	9H30 Muscle-up	9H15 & 10h15 Pilates		12H30 Mixte training Pilates		18H15 Mobility 18H30 Cross T.		19H15 Pilates 19H30 Muscle Up
MARDI	9H15 Mixte training			12H30 FAC		18H30 Cross Training		19H30 Mixte training
MERCREDI	9H15 Cross-Fight 9H30 Pilates			12H30 Mixte training Mobility		17H30 Cross-fight	18h30 Muscle Up Pilates	19H30 Muscle Up Pilates
JEUDI	9H15 Pilates 9h30 FAC	10H15 Body-Weight		12H30 Muscle Up Pilates		18H00 Pilates 18H15 Sweet T.		19H00 Mobility 19H30 Sweet T.
VENDREDI	9H15 Mobility 9h30 Mixte T.	10H30 Body-Weight		12H30 Cross-Fight Mobility	14H00 Pilates		17h30 Muscle Up	18H30 Cross-Fight
SAMEDI	9h30 Cross-Fight	10h45 Mixte Training						

**Mercredi 15H30 -
Cours Ado**

**Jeudi 17H00 -
Sport Adapté**

**Variable -
Cours Mystère 1 Samedi par mois**