



PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H00 - 10H00	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS BASICS	CROSS TRAINING	FREE ACCESS	BOXING 9H50
10H00 - 11H00	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS	STRETCHING 10H30
11H00 - 12H00	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS	
12H20 - 12H50	SUSPENSION TRAINING	FREE ACCESS BASICS	STRETCHING	SUSPENSION TRAINING	BOXING		
13H00 - 14H00	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS		
14H00 - 15H00	FREE ACCESS		FREE ACCESS		FREE ACCESS		
15H00 - 16H00	FREE ACCESS		FREE ACCESS		FREE ACCESS		
16H00 - 17H00	FREE ACCESS		FREE ACCESS		FREE ACCESS		
17H00 - 18H00	FREE ACCESS BASICS	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS		
18H20 - 18H50	STRETCHING	BOXING	SUSPENSION TRAINING	CROSS BOXING	FREE ACCESS (1H00)		
19H00 - 19H30	CROSS BOXING	SUSPENSION TRAINING	FREE ACCESS (1H00)	HIIT	FREE ACCESS (1H00)		
19H30 - 20H00		FREE ACCESS XPRESS		FREE ACCESS XPRESS			

- Entraînement cardio
- Entraînement détente / zen
- Apprentissage des mouvements et mise en application
- Entraînement renforcement / musculaire
- Entraînement fun / défoulement
- Free Access / XPRESS (30 min)