

# Accesport

# Planning des coaching collectifs

**Lundi**

Coaching virtuel

**Body Pump**  
**Body Balance**  
**Body Attack**

*12h30-13h15*

**Body Pump**  
Alexandra

*17h30-18h00*

**Body Pump**  
Virtuel

*18h00-18h30*

**HIIT Boxing**  
Vincent

**Mardi**

*9h30-10h15*

**Body Sculpt**  
Alexandra

*10h30-11h15*

**Body Balance**  
Alexandra

*12h30-13h15*

**Cross Training**  
Vincent

*17h45-18h30*

**Combat**  
Cécile

*18h40-19h25*

**RPM**  
Virtuel

**Mercredi**

Coaching virtuel

**Body Pump**  
**Body Balance**  
**Body Attack**

*12h30-13h15*

**RPM**  
Alizée

*17h45-18h30*

**CAF**  
Vincent

*18h40-19h25*

**Cross Training**  
Vincent

*19h30-20h30*

**Krav-Maga\***  
Michel

**Jeudi**

*9h30-10h15*

**Body Pump**  
Anaïs

*10h30-11h15*

**Body Balance**  
Anaïs

*12h30-13h15*

**Body Attack**  
Alizée

*18h00-18h30*

**Renfo**  
Cécile

*18h30-19h00*

**HIIT Cardio**  
Cécile

*19h00-19h30*

**Abdos/Stretch**  
Cécile

**Vendredi**

*9h30-10h15*

**RPM**  
Alexandra

*10h30-11h15*

**Stretch**  
Alexandra

*12h30-13h15*

**CAF**  
Alexandra

**Samedi**

*10h00-10h45*

**Body Pump**  
Anaïs

*11h00-11h45*

**RPM**  
Anaïs