



Planning des coaching collectifs

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

9h30-10h15

Pilates

9h30-10h15

**Sh'Bam
Cardiodance**

10h30-11h15

Body Balance

Coaching virtuel

Body Pump
Body Balance
Body Combat

9h30-10h15

Body Pump

9h30-10h15

RPM

10h30-11h15

Stretch

10h00-10h45

Body Pump

11h00-11h45

RPM

12h30-13h15

Body Pump

12h30-13h15

Cross Training

12h30-13h15

RPM

12h30-13h15

Pilates

12h30-13h15

CAF

17h45-18h30

HIIT Boxing

17h45-18h30

BodyCombat

17h40-18h25

Pilates

17h30-18h15

CAF

18h40-19h25

**Sh'Bam
Cardiodance**

18h40-19h25

RPM

18h30-19h15

Cross Training

19h30-20h30

KRAV MAGA*

Coachings virtuels disponibles en dehors des coachings Live
RPM-Sprint en libre accès
BodyPump, BodyBalance, BodyCombat sur demande