



Planning des coaching collectifs

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

9h30-10h15

Pilates

9h30-10h15

Cardiodance

9h30-10h15

Body Pump

Coaching virtuel

Body Pump
Body Balance
Body Combat

9h30-10h15

RPM

10h00-10h45

Body Pump

10h30-11h15

Body Balance

10h30-11h15

Stretch

11h00-11h45

RPM

12h30-13h15

Body Pump

12h30-13h15

Cross Training

12h30-13h15

RPM

12h30-13h15

Pilates

12h30-13h15

BodyCombat

18h00-18h45

Body Pump

18h00-18h45

Circuit Training

17h45-18h30

CAF

18h00-18h45

STEP

19h00-19h45

STEP

19h00-19h45

RPM

19h30-20h30

KRAV MAGA*

18h45-19h30

Cross Training

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