



PLANNING COURS CEDSPORTSANTE 2020 : COACHING + COLLECTIF

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7H25 - 8H25					YOGA / PILATES	
8H30 - 9H30					COACHING	
9H30 - 10H30	COACHING OU VISIO	COACHING	VISIO 10H45 - 11H45	COACHING	COACHING	COACHING OU VISIO 9H15
10H30 - 11H30	COACHING		COACHING	COACHING		
11H30 - 12H15	STRETCHING DYNAMIQUE	STRETCHING DYNAMIQUE		STRETCHING DYNAMIQUE		CARDIO RENFO MONTJUZET 10H45 - 11H45
12H15 - 13H15		COACHING		COACHING		
14H30 - 15H30				COACHING		
15H30 - 16H30	MUSCULATION					
16H30 - 17H30	COACHING					
17H30 - 18H30	COACHING	COACHING	STRETCHING	COACHING	COACHING	
18H30 - 19H30	COACHING OU VISIO 18H		COACHING			
19H30 - 20H30	COACHING	HIIT 19H30 20H15	STRETCHING DYNAMIQUE		STRETCHING DYNAMIQUE	
20H30 - 21H30		COACHING 20H15 - 21H15			YOGA	

Durant les horaires d'ouverture vous pouvez également venir en accès libre (hors YOGA / PILATES)

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