PLANNING COURS FIGHT / BE FIT / BIKING
SAISON 2019 - 2020

Légende Activités

#FIGHT	#BE FIT	#BIKING

	LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI		
	TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE
7H	COACHINGS PRIVES ET GROUPES - SUR RESERVATION																	
9H																		
9h15																	WOD (Cage)	
10H																STRIKE		
10h30							BURN ABS						C.A.F					
11H																FIGHT CLUB		
12h30																		
13H	WOD (Tatami)			INTERVAL BOXING		BIKING		WOD (Cage)		BAG				WOD (Cage)	BIKING			
13h15																		
14H																		
15H30	COACHINGS PRIVES ET GROUPES - SUR RESERVATION						KIDS 5 - 8	COACHINGS PRIVES ET GROUPES - SUR RESERVATION								KIDS 5 - 8		
16H							KIDS 9 - 13									KIDS 9 - 13		
17h																		
17h45	C.A.F			BURN ABS						BURN ABS			C.A.F					
18h15	WOD (Tatami)			WOD (Tatami)			WOD (Tatami)			WOD (Tatami)				WOD (Cage)				
18h30												BIKING						
19H	STRIKE		BIKING	BAG			STRIKE		BIKING	BAG STRIKE								
19h45					WOD (Cage)		FIGHT CLUB				WOD (Cage)							
21h																		