CORPUS
FITNESS • CARDIO TRAINING • MUSCULATION

PLANNING

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	LUNDI			MARDI			MERCREDI		JEUDI		VENDREDI		SAMEDI	
9h30 10h30	LesMills BODYBALANCE			ÉTIREMENTS			K-FIT Mon dos		K-FIT Mon dos		PILATES STICKS		DANSE COMBAT	CROSS TRAINING
10h30 11h30	K-FIT Mon dos		BOXING	K-FIT Mon dos	BIKE 30'		CUISSES / ABDOS FESSIERS	K-FIT Endurance	YOGA		K-FIT Gym douce		DANSE	100% ABDO 30'
11h30 12h30	K-FIT Yoga			PILATES					LesMills BODYBALANCE 30'		K-FIT Étirements Mobilité		CUISSES / ABDOS FESSIERS	11H>CIRCUIT CARDIO
12h30 13h30	PILATES		CIRCUIT CARDIO	CUISSES / ABDOS FESSIERS		CIRCUIT CARDIO		CIRCUIT CARDIO	LesMills BODYPUMP	CIRCUIT CARDIO	LesMills BODYBALANCE	CIRCUIT CARDIO		
14h 15h	K-FIT Gym douce						CROSS TRAINING 12 - 14 ANS	COURS ADO						
15h 16h	K-FIT Mon dos						RENFO ADO 15 - 17 ANS							
16h 17h							CROSS TRAINING 15 - 17 ANS							
16h40 17h30											PILATES			
17h30 18h20	LATINO		BOXING	CUISSES / ABDOS FESSIERS		GYM/HALTÉRO	LATINO	TRX	FULL BODY		K-FIT Mon dos	CIRCUIT CARDIO		
18h20 19h10	CUISSES / ABDOS FESSIERS	BIKE	CIRCUIT CARDIO	LesMills DANCE	BIKE	CIRCUIT CARDIO	LesMills BODYPUMP	CIRCUIT CARDIO	LesMills BODYBALANCE	BOXING	LesMills BODYPUMP	CROSS TRAINING		
19h10 20h	LesMills BODYATTACK	BIKE	100% ABDO 30'	LesMills BODYBALANCE		CROSS TRAINING	LesMills BODYCOMBAT	CROSS TRAINING		CROSS TRAINING	LesMills BODYBALANCE			
20h 20h45	LesMills BODYPUMP													

DURÉE DES COURS : ● FUNCTIONAL TRAINING = 45'/55' ● BIKE = 30' / 45' ● FITNESS = 30' / 45'

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7/7 /// 6H>23H /// Corpus Cahors Officiel

L'ENCRE SEICHE - IMPRIMEUR D'IDÉES