PLANNING COURS COLLECTIFS - Fitness Park Providence

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
7h-7h50 Cross Training Joris	7h-7h50 Circuit Training Yaël	7h-7h50 HIIT Yaël	7h30-8h20 Circuit Training Joris	8h-8h50 Circuit Training Yaël	9h-10h Yoga Steylah
8h-8h50 HIIT Joris	8h-8h50 Circuit Training Yaël	8h-8h50 Cuisses abdos fessiers Yaël	8h30-9h20 Cuisses abdos fessiers Joris	9h-9h50 HIIT Yaël	8h - 10h Boxe Mickael
9h - 11h Boxe Anglaise Mickael	9h-9h50 STEP Yaël	9h - 11h Boxe Anglaise Mickael			10h - 12h Jiu Jitsu / MMA Handuilo
					10h-10h50 HIIT India
					11h - 11h50 Cuisses abdos fessiers India
12h30-13h30 Yoga Steylah	12h30-13h20 Body Sculpt Yaël	12h30-13h30 Pilates Steylah	12h30-13h20 Circuit Training Yaël	12h30-13h30 Pilates Steylah	
12h30-13h20 Cycling Romain	12h30-13h30 Jiu Jitsu Brésilien Handuilo	12h30-13h20 Cross Training Chris	12h30-13h30 Jiu Jitsu Brésilien Handuilo		
17h-17h50 Cuisses abdos fessiers Marine	15h-15h50 Abdos Fessiers Chris	17h-17h50 HIIT Romain	15h-15h50 Abdos Fessiers Chris	17h-17h50 TRX Romain	Dimanche
17h-17h50 HIIT Romain	16h-16h50 TRX Chris	18h-18h50 Circuit Training India	16h-16h50 Cross training Chris	18h-18h50 Cycling Romain	8h - 10h Boxe Mickael
18h-18h50 Cycling Romain	17h-17h50 HIIT Chris	18h-18h50 Cycling Romain	17h-17h50 TRX Marine	19h30-20h30 Afro Fit Dance Kevin	
18h-18h50 Circuit Training Marine	18h-18h50 Cross training Chris	19h-19h50 ZUMBA India	17h30-18h20 Power Step Isabelle	19h - 21h Jiu Jitsu / MMA Handuilo	
19h-19h50 Cycling Marine	17h-17h50 STEP débutant Joris	19h-19h50 Abdos Stretching Romain	18h30-19h50 Abdos Fessiers POUND Isabelle		
19h-19h50 Abdos Stretching Romain	18h-18h50 STEP Joris	19h - 21h Boxe Mickael	18h-18h50 Cycling Marine		
18h-18h50 ZUMBA India	19h30-20h30 Afro Fit Dance Kevin		19h-19h50 Body Sculpt Marine		
19h-19h50 Ragga Dancehall India	18h-19h Self Defense Handuilo		19h - 20h Boxe Mickael		
19h - 21h Boxe Mickael	19h - 20h Jiu Jitsu Brésilien Handuilo		20h - 21h Jiu Jitsu Brésilien Handuilo		
19h - 21h Jiu Jitsu Brésilien Handuilo					

SALLES
TRX Park
Cycle Park
Fit Park
Fight Park