

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER • SE SURPASSER

NICE SAINT-ISIDORE

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	DIMANCHE
09h30-10h30		09h15-10h15	09h30-10h30	09h15-10h00	09h15-10h15	09h15-10h15		09h00-10h00		09h30-10h30	
BODY SCULPT COACH KÉVIN		RPM COACH PAULINE	ZUMBA COACH KÉVIN	CAF COACH PAULINE	SPINNING COACH TIFFANIE	CROSS TRAINING COACH KÉVIN		SPINNING COACH TIFFANIE		BODY PUMP COACH MAEVA	
10h30-11h15		10h30-11h15		10h00-11h00		10h15-11h15		10h00-11h00		10h30-11h30	
STRETCHING COACH KÉVIN		CAF COACH PAULINE		BODY PUMP COACH PAULINE		RPM COACH KÉVIN		BODY PUMP COACH TIFFANIE		BODY COMBAT COACH MAEVA	
11h15-11h45		11h30-12h30		11h00-11h45		11h15-12h00		11h15-12h15		11h30-12h30	
SPÉCIAL ABDOS COACH KÉVIN		CROSS TRAINING COACH KÉVIN		STRETCHING COACH TIFFANIE		CAF COACH PAULINE		STRETCH POSTURAL COACH SOPHIE		SPINNING COACH MAEVA	
12h15-13h15	12h15-13h15	12h00-12h30		12h30-13h30		12h15-13h15	12h30-13h30	12h00-13h00			
PILATES COACH SOPHIE	RPM COACH KÉVIN	ABDOS COACH PAULINE		CROSS TRAINING COACH PAULINE	SPINNING COACH TIFFANIE	BODY BALANCE COACH SOPHIE	SPINNING COACH KÉVIN	BODY ATTACK COACH JEAN PIERRE			
13h15-14h15		12h30-13h15	12h30-13h30	12h30-13h30	12h30-13h30	13h30-14h00		13h30-14h00			
BODY BALANCE COACH SOPHIE		ATTACK COACH KÉVIN	SPINNING COACH MAEVA	BODY PUMP COACH TIFFANIE	RPM COACH PAULINE	SPÉCIAL ABDOS COACH KÉVIN		HIIT COACH KÉVIN			
13h15-14h00		CROSS TRAINING COACH KÉVIN									
		15h30-17h00		15h30-16h30							
		YOGA COACH ANTONELLA		BODY PUMP COACH MAEVA							
16h30-17h30		16h30-17h00		16h30-17h30		16h30-17h00					
BODY PUMP COACH MAEVA		HIIT COACH PAULINE		BODY PUMP COACH TIFFANIE		SPECIAL ABDOS COACH KÉVIN					
17h30-18h00		17h00-17h30		17h45-18h30		17h30-18h15		17h15-18h15	17h15-18h15	17h00-18h00	
HIIT COACH MAEVA		SPÉCIAL ABDOS COACH PAULINE		CAF COACH TIFFANIE		CAF COACH PAULINE		ZUMBA COACH KÉVIN	SPINNING COACH MAEVA	BODY ATTACK COACH JEAN PIERRE	
18h00-18h30		17h30-18h30						18h00-19h00			
CORE COACH MAEVA		BODY PUMP COACH MAEVA						SPINNING COACH JEAN PIERRE			
18h30-19h30	18h30-19h30	18h30-19h30	18h30-19h30	18h30-19h30		18h30-19h30	18h30-19h30	18h30-19h00			
BODY JAM COACH FABIEN	SPINNING COACH MAEVA	BODY COMBAT COACH MAEVA	RPM COACH PAULINE	BODY PUMP COACH TIFFANIE		BODY JAM COACH TIFFANIE	RPM COACH PAULINE	CORE COACH MAEVA			
19h30-20h30		19h30-20h00		19h30-20h30		19h30-20h30		19h00-19h30			
BODY BALANCE COACH FABIEN		CORE COACH MAEVA		BODY JAM COACH TIFFANIE		CROSS TRAINING COACH PAULINE		STRETCHING COACH MAEVA			