

## PROGRAMME DES COURS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI
7H				
12	<b>CORE Training</b> <i>12 :00 – 12 :30</i>		<b>HIGH INTESITY TRAINING</b> <i>12 :00-12 :30</i>	
17 :30				
18 :30		<b>FULL BODY</b> <i>18 :30 – 19 :30</i>	<b>BALANCE</b> <i>18 :00 - 19 :00</i>	