

# cours collectifs PLANNING

## LUNDI

**10h - 11h**  
FITNESS Training

**12h20 - 13h20**  
Coaching W.O.D

**18h - 19h**  
Conditionning

**19h - 20h**  
Coaching W.O.D

**20h - 21h**  
FITNESS Training

## MARDI

**10h - 11h**  
Coaching W.O.D

**12h20 - 13h20**  
FITNESS Training

**18h - 19h**  
Coaching W.O.D

**19h - 20h**  
FITNESS Training

**20h - 21h**  
Coaching W.O.D

## MERCREDI

**10h - 11h**  
FITNESS Training

**12h20 - 13h20**  
Coaching W.O.D

**14h15 - 15h**  
Cross Kids

**15h10 - 16h10**  
Cross Ados

**18h - 19h**  
FITNESS Training

**19h - 20h**  
Coaching W.O.D

**20h - 21h**  
Pilates & Mobilité

**FIL7**  
ACCÈS ADHÉRENT

du lundi au dimanche de  
6h à 23h avec ton badge !



## JEUDI

**10h - 11h**  
Pilates

**18h - 19h**  
Coaching W.O.D

**19h - 20h**  
FITNESS Training

**20h - 21h**  
Coaching W.O.D

## VENDREDI

**10h - 11h**  
Coaching W.O.D

**12h20 - 13h20**  
Conditionning

**18h - 19h**  
Coaching W.O.D

**19h - 20h**  
FITNESS Training

## SAMEDI

**9h - 10h**  
Pilates

**10h - 11h**  
Coaching W.O.D

**11h - 12h**  
Conditionning

**Flash**

pour avoir le planning en  
ligne sur ton smartphone

