

# PLANNING COURS COLLECTIFS - BEYNOST EVASION

2024

		LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE	
JOURNEE 6H-17H	07H00								
	15								
	30								
	45								
	08H00			7H15 CROSS TRAINING € Box					
	15								
	30		8H30 PILATES Salle 2						
	45								
	09H00	9H00 BODY PUMP Salle 1	45 min PILATES Salle 2	9H00 MARCHE NORDIQUE RANDONNEE Extérieur	9H00 STEP Salle 1	9H00 ZUMBA Salle 2	9H00 CROSS TRAINING € Box	9H15 BODY PUMP Salle 1	
	15								
	30	45min	45 min PILATES Salle 2		45min	45min	1H00	45min	
	45								
	10H00	10H00 RPM (BIKE) Salle 1	10H10 FULL BODY Salle 2	1H30	10H00 RPM (BIKE) Salle 1	10H00 PILATES Salle 2		10H15 RPM (BIKE) Salle 1	10H00 FULL BODY Salle 1
	15	30min	45min		45min			45min	
	30								
	45	10H45 CUISSSES ABDOS FESS. Salle 1	11H00 GYM DOUCE Salle 2	11H00 CIRCUIT TRAINING Salle 1	10H45 STRETCHING Salle 2	11H00 CIRCLE MOBILITY Salle 2		11H00 ROCK Salle 1	11H00 PILATES Salle 2
	11H00	30min	45 min	45 Min	45 min	45 min		1h	
15	11h15 STRETCHING Salle 2	11H15 ROCK Salle 1		11H30 GYM DOUCE Salle 2					
30									
45									
12H00									
15									
30	12H30 FULL BODY Salle 1	12H30 RUN Extérieur	12H30 CIRCUIT TRAINING Salle 1	12H30 BODY PUMP Salle 1	12H30 CROSS TRAINING € Box	12H30 CUISSSES ABD FESS. Salle 1	12H30 CROSS TRAINING € Box		
45	45min	45min	45min	45min	1H	45min	1H00		
13H00									
15									
30									
45									
14H00	14H00 CIRCUIT TRAINING Salle 1	14H00 VTT Extérieur		14H00 GYM DOUCE Salle 2	14H00 KIDS				
15	45min			45min					
30					15H00 KIDS				
45									
15H00									
15									
30									
45									
16H00									
15									
30									
45									
17H00									
15									
30	17H30 RPM (BIKE) Salle 1			17H30 CIRCUIT TRAINING Salle 1					
45	30 min			30min					
18H00	18H00 PUMP Salle 1	18H00 CIRCUIT TRAINING Box	18H00 RPM Salle 1	18H00 CUISSSES ABDOS FESS. Salle 1	18H00 CROSS TRAINING € Box	18H00 BODY PUMP Salle 1	18H00 BOXE Salle 1		
15	45 MIN	45min	45 min	45min	1H	45min	1h		
30									
45	18H45 PILATES Salle 2	19H00 CUISSSE ABD FESS. Salle 1	19H00 BODY PUMP Salle 1	19H00 STEP Salle 2	19H00 BOXE Box	18H45 RPM (Bike) Salle 1	19H00 CROSS TRAINING € Box		
19H00	45min	45min	45min	45min	1H	45min	1h		
15									
30									
45	19H45 FIT DANCE Salle 2	19H30 RPM (BIKE) Salle 1	19H30 CROSS TRAINING € Box	19H45 PILATES Salle 2		19H45 PILATES Salle 2			
20H00	45min	45min	1h	45min		45 min			
15									
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20H00									
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30									
45									

## LEXIQUE

- Renforcement musculaire
- Cardio
- Gym douce
- Chorégraphié
- Renfo / Cardio



TELECHARGEABLE SUR NOTRE SITE INTERNET