

# Planning des cours collectifs

Compans

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
	<b>FIGHT et RENFO</b>	<b>CARDIO DANSE</b>	<b>GYM DOUCE et POSTURE</b>	<b>ABDOS et FESSIERS</b>	<b>FIGHT et RENFO</b>
12h15	Boxing Fight	Step	Pilates	Abdos	Boxing Renfo
12h45	Boxing Renfo	Zumba	Stretching	Fessiers	Boxing Fight
		<b>GYM DOUCE et POSTURE</b>	<b>CARDIO DANSE</b>		
17h15	Boxing Fight	Pilates	Step	Abdos	
18h15	Boxing Fight	Pilates	Zumba	Fessiers	
19h15	Boxing Renfo	Stretching	Fit Jump	Abdos et Fessiers	

Boxing Fight ↘ dominante cardio  
 Boxing Renfo ↘ dominante renforcement musculaire