

# Planning des cours collectifs

Compans

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

Boxing Fight ↘ dominante cardio  
 Boxing Renfo ↘ dominante renforcement musculaire