

PLANNING DES COURS



06 89 60 65 58

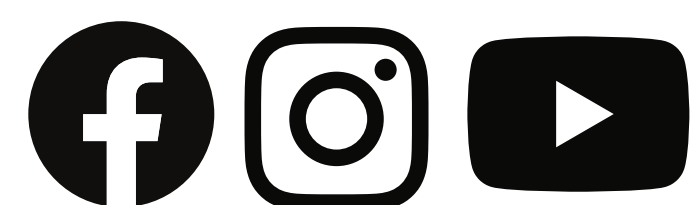


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www.cedsportsante.fr

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8H-9H						
8H30-9H30		Coaching 360°	Coaching 360°	YOGA	Coaching 360°	
9H30-10H30	Coaching 360°	Coaching 360°	Coaching 360°	Coaching 360°	Coaching 360°	Coaching 360° 10H
10H30-11H30	Coaching 360°	Coaching 360°		Coaching 360°	Coaching 360°	STRETCHING 11H
11H30-12H30	ABDO HYPOPRESSIF	HYPO + STRETCHING				NATURE 11H
12H30-13H30		Coaching 360°		Coaching 360°	YOGA	VISIO 11H
13H30-14H30						
14H30-15H30			Coaching 360°			
15H30-16H30			HYPO + STRETCHING			
16H30-17H30	ABDO HYPOPRESSIF 16H50		Coaching 360°			
17H30-18H30	Coaching 360°	YOGA 17H15	STRETCHING NAT	Coaching 360°	HIIT (Cardio)	
18H30-19H30	Coaching 360° VISIO	Coaching 360°	Coaching 360°	Coaching 360°	HYPO + STRETCHING	
19H30-20H30	Coaching 360°	Coaching 360°	STRETCHING*	Coaching 360°		
20H30-21H30				YOGA		



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Coaching 360° = Renforcement globale en petit groupe

STRETCHING* = Stretching dynamique

CIS = Coaching Individuel Salle

NAT = Nature

CIS* = *Heure creuse H