

PLAZA SPORT - PLANNING DES COURS COLLECTIFS JANVIER 2012

COURS COLLECTIFS

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
	Grande Salle	Petite Salle	Grande Salle	Petite Salle	Grande Salle	Petite Salle	Grande Salle	Petite Salle	Grande Salle	Petite Salle	Grande Salle	Petite Salle	Grande Salle	Petite Salle
8h45		Pilates Murielle - 60'				Pilates Murielle - 60'								
9h15	Zumba Tonic Oxana - 60'		Biking Ballade Natalia - 45'	Réveil Musculaire Kimy - 60'	Zumba Oxana - 60'		CAF Natalia - 60'		Gymstick Body Sculpt Natalia - 60'					
10h00											Yoga Jean-Paul - 60'		Slim Biking Natalia / Oxana / Thomas - 45'	
10h30	Total Balance Oxana - 60'		Yoga Jean-Paul - 60'		Soft CAF Oxana - 45'		Classic Orientale Viviana - 90'	Total Balance Stephan - 60'		Classic Stretching Natalia - 45'				
11h00											Yoga Jean-Paul - 60'		ABDO Natalia / Oxana / Thomas - 45'	Classic Stretching Kimy - 45'
11h30			Classic Orientale Viviana - 60'		Hula Hoop Oxana - 45'				Total Balance Stephan - 60'					
12h00											Pilates Joseph - 60'		Mix-Training Kimy - 60'	
12h30	CAF Julien - 60'	Pilates Marlène - 60'	Slim Biking Natalia - 60'	Gym Dos Julien - 45'	Zumba Oxana - 60'	ABDO Thomas - 45'	CAF Kimy - 60'	Pilates Marlène - 60'	Fit Body Stephan - 60'	Total Gainage Julien - 45'				
14h00		Classic Stretching Natalia - 45'		Pilates Murielle - 60'				Pilates Murielle - 60'						
17h30	Yoga Jean-Paul - 60'		Classic Pump Oxana - 60'				Bike Oxana - 45'	Yoga Jean-Paul - 60'	CAF Kimy - 60'					
18h30	Free Bike Natalia - 60'	Pilates Roxana - 60'	Step Intermédiaire Kimy - 60'	Classic Stretching Oxana - 45'	Bike Thomas - 60'	Pilates Roxana - 60'	Zumba Oxana - 60'	KRAV MAGA* Thierry - 60'	Mix-Training Kimy - 60'					
19h30	ABDO Natalia - 45'		CAF Julien - 60'		Body Sculpt Thomas - 60'						*Cours semi privé / Information à la réception			

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
	9h30	Cardio - Julien - 45'		Boxing - Jules - 45'		Slim - Julien - 45'		Fitness - Thomas - 45'		Pull Push - Julien - 45'				
10h00													Fitness - 45'	
11h00											Fitness - 45'			
11h15													Fitness - 45'	
12h15	Pilates - Oxana - 45'		Boxing - Thomas - 45'		Cardio - Jules - 45'		Pilates - Natalia - 45'		Boxing - Jules - 45'					
18h30	Fitness - Thomas - 45'		Fitness - Jules - 45'		Boxing - Julien - 45'		Cardio - Jules - 45'		Fitness - Natalia - 45'					
19h30			Gym - Oxana - 45'											