



# PLANNING HIVER-17 COURS COLLECTIFS COACHES

03 73 98 37 72 [www.happyfitness.club](http://www.happyfitness.club)



LUNDI 8h-21h	MARDI 8h-21 h	MERCREDI 8h-21h	JEUDI 8h-21h	VENDREDI 8h-19h30	SAMEDI 9h-12h
8h00 Circuit remise en forme	8h00 Full body	8h00 LES MILLS BODYBALANCE			
9h00 Fit-tonic	9h00 CORE !	9h00 Circuit remise en forme & bike	9h00 Fit ball	9h00 Circuit remise	9h00 Full Body
10h00 Stretching	10h00 PILATES		10h00 Stretching	10h00 PILATES	10h00 play CROSS
11h00 Fit-ball	11h00 Seniors		11h00 Séniors		10h LES MILLS SH'BAM
12h20 LES MILLS BODYPUMP	12h20 STEP	12h20 CORE !	12h20 LES MILLS BODYATTACK	12h20 PILATES	11h00 L.I.A
12h20 BIKE	12h20 BIKE			12h20 BIKE	
14h15 Circuit CROSS	14h15 Fit ball		14h15 Full Body	14h15 Circuit CROSS	
16h30 Full body	17h Abdos 30'	16h30 LES MILLS BODYBALANCE		16h30 LES MILLS BODYPUMP	
17h30 BIKE	17h30 Circuit TRX / Kb	17h30 LES MILLS SH'BAM	17h30 CROSS Level 1	17h30 BIKE	17h30 LES MILLS BODYATTACK
17h30 LES MILLS BODYATTACK	17h30 LES MILLS BODYPUMP		17h30 CORE !	17h30 LES MILLS BODYATTACK	
18h30 CROSS Level 2	18h30 STEP	18h30 LES MILLS BODYPUMP	18h30 LES MILLS SH'BAM	18h30 BIKE	18h30 CROSS Level 2
18h30 CROSS Level 2	18h30 LES MILLS BODYCOMBAT	19h00 Circuit cross	18h30 BIKE	18h30 LES MILLS BODYBALANCE	
19h30 CROSS Level 3	19h30 CORE !		19h30 LES MILLS BODYATTACK		
19h30 PILATES	19h30 BIKE		19h30 CROSS Level 3		
			19h30 LES MILLS BODYCOMBAT		