



Feel Good SPORT



PLANNING
FITNESS
SAISON 2017



	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9H15	BODY SCULPT		CROSS TRAINING		GYM BALL	
10H00	STRETCHING		BALANCE		PILATES	
11H00						
12H15	CROSS TRAINING	STRETCHING	BIATHLON	RECHARGE NERVEUSE	CROSS TRAINING	
13H00						CROSS TRAINING (14H00 _ 15H00)
16H30						
17H30	GYM BALL	BIATHLON (45')	GYM BALL	TECHNIQUE (30')		
18H00	BIATHLON	POINT TRIGGER (18h15)	CIRCUIT TRAINING	BIATHLON	STRETCHING	
18H45	STRETCHING	CROSS TRAINING (19H)	BALANCE	STRETCHING	RECHARGE NERVEUSE	
19H30	CROSS TRAINING	PILATES (19h45)		STRONGMAN		
20H00						