



Planning fitness 2020 - 2021

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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15	Cross Training (45')		Qi Gong (1h)		Endurance (45')	
10h15	Pilates (1h)		Tai Chi Chuan (1h30)		Méditation (30')	10h Cross Training (1h)
12h15	Cross Training (45')	Biathlon (45')	Stretching (45')	Musculation Fonctionnelle (45')	Endurance (45')	
17h30	Cross Training (45')	Biathlon (45')	Qi Gong (1h)	Musculation Fonctionnelle (45')	Endurance (45')	
18h30	Balance (30')	Auto massage Stretching (30')	Tai Chi Chuan (1h30)	Gua Sha Stretching (30')	Pilates (45')	
19h15	Cross Training (45')	Biathlon (45')		Musculation Fonctionnelle (45')		