

# HSPC – PLANNING COURS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
7h-8h							
8h15-9h15	Small group training (zone 2)	OSTEOFIT		OSTEOFIT	Small group training (zone2)	PILATES (studio)	
9h10-10h10							
10h15-11h15						T-A-F (zone 2)	YOGA (studio)
11h15-12h15						Small group training (zone2)	BOOTCAMP (zone 1 ou 2)
12h-13h	BOOTCAMP (zone 1 ou 2)	PPG (zone 2)			Small group training (zone2)		
13h-14h			Small group training (zone 2)				
14h-15h							
15h-16h							
16h30-17h30			T-A-F (zone 2)		BOOTCAMP (zone 1 ou 2)		
17h30-18h30	Small group training (zone 2)	PILATES (studio) Small group training (zone 2)		FIT BALL (studio)	YOGA (studio)		
18h45-19h45	YOGA (studio)	FIT BALL (studio)	YOGA (studio) 19h 20	Small group training (zone 2) PILATES (studio)	Small group training (zone 2)		
20h-21h	CROSS TRAINING (zone 2)	Small group training (zone 2)	CROSS TRAINING (zone 2)	PPG (zone 2)	CROSS TRAINING (zone 2)		
21h-21h45							