

PLANNING DES COURS COLLECTIFS COACHÉS

FITNESS PARK

SE DÉPASSER - SE SURPASSER

MAUREPAS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					10h00-11h00
					FULL BODY COACH EMELINE
					11h00-12h00
					TABATA COACH EMELINE
					12h00-13h00
					MOBILITÉ/RELAXATION COACH EMELINE
18h00-19h00	18h00-19h00		17h30-18h30	17h30-18h30	
RENFO COACH EMELINE	CIRCUIT TRAINING COACH VICTOR		CAF COACH HUGO	BODY BARRE COACH VICTOR	
19h00-20h00	19h00-20h00	18h30-19h30	18h30-19h15	18h30-19h30	
HIIT COACH EMELINE	HIIT COACH VICTOR	RENFO COACH ALINE	UPPER BODY COACH HUGO	CAF COACH VICTOR	
20h00-21h00		19h30-20h30		19h30-20h30	
MOBILITÉ/RELAXATION COACH EMELINE		PILATES COACH ALINE		ZUMBA COACH FRANCKY	

RÉSERVATION OBLIGATOIRE sur  l'application FitnessPark.