

PLANNING AMIENS

FONCTIONNEL • FITNESS & CYCLING

FONCTIONNEL	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:30						WOD	
10:15	STATION HYBRID	HYROX		HYROX	STATION HYBRID		
10:30						STATION HYBRID	HYROX
11:30						HYROX	WOD
12:30	TRX WOD	STATION HYBRID	TRX HYROX	STATION HYBRID	HYROX		
17:30	STATION HYBRID	WOD	HYROX	STATION HYBRID			
18:30	TRX WOD	STATION HYBRID	TRX WOD	TRX WOD STATION HYBRID	HYROX STATION HYBRID		
19:30	HYROX	BOXING	STATION HYBRID	WOD	WOD		

FITNESS & CYCLING	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:15			LM PILATES		RPM		
10:15	BODYPUMP		STRENGTH DEV	LM SHAPES		BODYPUMP	ABDOS / FESSIERS
11:00						SPRINT	
11:15						BODYBALANCE	RPM
12:30	BODYBALANCE RPM	ABDOS / FESSIERS	13:00 SPRINT	LM PILATES RPM	BODYPUMP		
17:30	BODYPUMP	LM PILATES	RPM	LM SHAPES RPM	BODYPUMP		
18:00	SPRINT	RPM					
18:15		ABDOS / FESSIERS					
18:30	BODYATTACK RPM		BODYBALANCE	BODYCOMBAT	BODYJAM RPM		
19:00		BODYPUMP		SPRINT			
19:30	LM SHAPES		BODYPUMP		BODYBALANCE		

PLANNING AQUA

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:30	AQUA DYNAMIC	AQUA CYCLING	AQUA TRAINING		AQUA DYNAMIC	AQUA DYNAMIC
10:30	AQUA CYCLING	AQUA TRAINING	AQUA DYNAMIC		AQUA CYCLING	AQUA CYCLING
11:00	AQUA BOXING					
12:30	AQUA TRAINING	AQUA BOXING	AQUA CYCLING			
17:40	AQUA DYNAMIC	AQUA CYCLING	AQUA DYNAMIC	AQUA BOXING		
18:40	AQUA CYCLING	AQUA DYNAMIC	AQUA TRAINING	AQUA CYCLING		