

PLANNING DES COURS

A black and white photograph of a woman in profile, performing a kettlebell exercise. She is in a squatting position, holding a kettlebell with both hands above her head. Her right arm is extended forward, holding a small object. She is wearing a sports bra, leggings, and sneakers. The background is a textured concrete wall.

# FITNESS

ADOS | ADULTES

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## LUNDI

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### **SMALL GROUP TRAINING**

12H00 - 13H00  
SUR RÉSERVATION

### **CROSS TRAINING**

18H00 - 18H45

### **CARDIO TRAINING**

18H45 - 19H30

### **PPG TRAINING**

19H30 - 20H30

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## MARDI

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### **SMALL GROUP TRAINING**

12H00 - 13H00  
SUR RÉSERVATION

### **BODYWEIGHT TRAINING**

18H15 - 19H00

### **PPG TRAINING**

19H15 - 20H15

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## MERCREDI

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### **CROSS TRAINING session 1 heure**

18H30 - 19H30

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## JEUDI

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### **SMALL GROUP TRAINING**

12H00 - 13H00  
SUR RÉSERVATION

### **CROSS TRAINING**

18H45 - 19H30

### **FULL BODY TRAINING**

19H30 - 20H15

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## VENDREDI

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### **SMALL GROUP TRAINING**

12H00 - 13H00  
SUR RÉSERVATION

### **CROSS TRAINING**

19H15 - 20H00

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## SAMEDI

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### **PPG TRAINING**

9H30 - 10H30  
SELON AGENDA SPORTIF