Planning des cours collectifs Esprit Fitness 2017

	HEURES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	07h30 - 08h15			TRX CAF				
	08h00 - 08h30	Safe Pilates		Gym Dos				
	08h15 - 09h15		Zumba					
	08h15 - 09h15		TRX					
	08h30 - 09h00					CX Worx Abdos		
	08h30 - 09h30	Body Balance		Stretching	Stretching	Safe Pilates		
	08h30 - 09h30	Safe Pilates		TRX	Safe Pilates			
	09h15 - 10h15						Spinning	Spinning
	09h30 - 10h30				Stretching			
	09h30 - 10h30		Spinning		Circuit Training		Zumba	
	09h30 - 10h30	CAF	Sh'bam	Body-Sculpt	Body-Sculpt	Body Pump	Pilates	Body Pump
	10h30 - 11h30						Body Pump	Spinning
MIDI	12h15 - 12h45	GRIT		CX Worx Abdos				
	12h15 - 13h15	Spinning	Spinning	Pilates	Interval Training	Spinning		
	12h15 - 13h15		TRX	Body Pump	TRX Circuit	Body Pump		
	12h15 - 13h15		Interval Training					
	12h30 - 13h00	Abdos Flash						
APRES MIDI	14h00 - 15h00	Pump Body-Sculpt	Safe Pilates		Body Balance	Gym Posturale		
	15h15 - 16h15		Esprit Fit Santé					
SOIR	16h30 - 17h30	Zumba	Pump	Body Pump	CAF			
	16h30 - 17h30							
	17h00 - 17h30					Abdos CX Worx		
	17h00 - 18h00	TRX						
	17h30 - 18h00					GRIT		
	17h30 - 18h30		TRX	Sh'bam	TRX Circuit	Spinning		
	17h30 - 18h30	Body Pump	CAF	Power Pump	CAF Zumba	TRX Abdos		
	17h30 - 18h30			Circuit Training				
	18h00 - 19h00	HIIT	Spinning					
	18h00 - 18h30			Spinnhiit				
	18h30 - 19h30		TRX		TRX Circuit			
	18h30 - 19h30	Spinning		Body Balance	Spinning			
	18h30 - 19h30	CAF	Body Pump	Safe Pilates	Combat Sculpt	Zumba		
	19h30 - 20h00		GRIT	Interval Training				
	19h30 - 20h30	Pilates	Step	Zumba	Spinning			
	19h30 - 20h30	Body Pump			Body-Sculpt			
	19h30 - 20h30	Spinning						
	20h00 - 21h00		Power Yoga			20.06.2017		

Danse
Gym douce - gainage
Cardio vasculaire
Renforcement musc.
Circuit training - Switching

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Séance d'essai CHF 20.-
montant remboursé
lors de la conclusion du contrat

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