





































LIBERTY
FITNESS & COACHING
& Kids

PLANNING DES COURS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 - 10H30	 CAF CUISSSES ABDOS & FESSIERS	 PUMP	 CARDIO POWER	 CONDITIONNING	 MINCEUR	 MINCEUR
10H30 - 11H30	 MINCEUR	 PILATES	 FULL ABDO	 CIRCUIT TRAINING	 BOXING	 KID TRAINING
12H30 - 13H30	 PUMP	 CROSS TRAINING	 CONDITIONNING	 BOXING	 CIRCUIT TRAINING	
16H30 - 17H30		 CROSS TRAINING		 BOXING		
17H30 - 18H30	 CONDITIONNING	 MINCEUR	 CAF CUISSSES ABDOS & FESSIERS	 ZUMBA	 BOXING	
18H30 - 19H30	 BOXING	 CARDIO POWER	 PUMP	 CROSS TRAINING	 HALTERO	
19H30 - 20H30	 HALTERO	 FULL ABDO	 CROSS TRAINING	 PILATES	 CONDITIONNING	