

# PROGRAMME D'ENTRAINEMENTS COLLECTIFS FITNESS

*A partir du 8 octobre 2018*

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
9:15	BODY BALANCE 60'	CAF 45'	BODY PUMP 60'		UPPER BODY 45'	FIT'S BALL 45'	RPM 45'	
9:30					CAF 30'			INTERVAL TRAINING 30'
9:45		FULL BODY 30'			UPPER BODY 30'	CAF 30'		INTERVAL TRAINING 30'
10:00	STEP I 45'	STRETCH 30'	BODY BALANCE 60'	RPM 45'	STRETCH 30'	PILATES 60'	BODY PUMP 60'	
10:15								CAF 45'
10:30			BODY BALANCE 60'					
10:45	STEP I 45'	STRETCH 30'	BODY BALANCE 60'	RPM 45'	STRETCH 30'	PILATES 60'	BODY PUMP 60'	
11:00								CAF 45'
11:15								BODY BALANCE 60'
11:30	STEP I 45'	STRETCH 30'	BODY BALANCE 60'	RPM 45'	STRETCH 30'	PILATES 60'	BODY PUMP 60'	
11:45								CAF 45'
12:00								BODY BALANCE 60'
15:00	PLATEAU MUSCU 60'		PLATEAU MUSCU 60'		PLATEAU MUSCU 60'			
18:00	FIT'S BALL 30'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
18:15	CAF 30'				BODY BALANCE 60' (salle Zen)			CAF 30'
18:30	CAF 30'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
18:45	INTERVAL 30'				CAF 30'			STEP I 30'
19:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
19:15	UPPER BODY 30'				CAF 30'			STEP I 30'
19:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
19:45	UPPER BODY 30'				CAF 30'			STEP I 30'
20:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
20:15	UPPER BODY 30'				CAF 30'			STEP I 30'
20:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
20:45	UPPER BODY 30'				CAF 30'			STEP I 30'
21:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
21:15	UPPER BODY 30'				CAF 30'			STEP I 30'
21:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
21:45	UPPER BODY 30'				CAF 30'			STEP I 30'
22:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
22:15	UPPER BODY 30'				CAF 30'			STEP I 30'
22:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
22:45	UPPER BODY 30'				CAF 30'			STEP I 30'
23:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
23:15	UPPER BODY 30'				CAF 30'			STEP I 30'
23:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
23:45	UPPER BODY 30'				CAF 30'			STEP I 30'
24:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
24:15	UPPER BODY 30'				CAF 30'			STEP I 30'
24:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
24:45	UPPER BODY 30'				CAF 30'			STEP I 30'
25:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
25:15	UPPER BODY 30'				CAF 30'			STEP I 30'
25:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
25:45	UPPER BODY 30'				CAF 30'			STEP I 30'
26:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
26:15	UPPER BODY 30'				CAF 30'			STEP I 30'
26:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
26:45	UPPER BODY 30'				CAF 30'			STEP I 30'
27:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
27:15	UPPER BODY 30'				CAF 30'			STEP I 30'
27:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
27:45	UPPER BODY 30'				CAF 30'			STEP I 30'
28:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
28:15	UPPER BODY 30'				CAF 30'			STEP I 30'
28:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
28:45	UPPER BODY 30'				CAF 30'			STEP I 30'
29:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
29:15	UPPER BODY 30'				CAF 30'			STEP I 30'
29:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
29:45	UPPER BODY 30'				CAF 30'			STEP I 30'
30:00	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
30:15	UPPER BODY 30'				CAF 30'			STEP I 30'
30:30	STEP II 45'	RPM 45'	PILATES 60'	BODY PUMP 60'	CAF 30'	INTERVAL TRAINING 30'	RPM 45'	
30:45	UPPER BODY 30'				CAF 30'			STEP I 30'

Les cours sont assurés à partir de 3 personnes.  
 Les cours sont susceptibles d'être modifiés sans préavis.  
 Informations au [04.50.20.27.70](tel:04.50.20.27.70) ou [divonne@valvital.fr](mailto:divonne@valvital.fr)  
**\*Le cours de Pilates est en supplément.**  
**Pensez à réserver à l'accueil.**