



# SPOTCOACHING

FITNESS / YOGA / TRAINING

PLANNING 2018

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h		BIKE ABDOS*		LIA	NRGYM		
10h	NRGYM	PILATES INTER	YOGA VINYASA (90')	PILATES BALL*	PILATES	BARRE À TERRE	PILATES
11h	PILATES FONDA						BIKE TRAINING*
11h30						QI GONG	
16h30					RAGGA KIDS		
17h30					RAGGA TEENS		
18h00		CROSS TRAINING*		GINASTICA*			
18h30	BIKE ABDOS & STRETCH (90')*		GYM PILATES*		RAGGA ADOS & ADULTES		
19h00		YOGA VINYASA (90')		STEP*			

\* Pilates, Bike, Cross Training & STEP : sur inscription via SMS

\*Eve \*Sophie \*Benoit \*Michelle \*Aziz \*Victor

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