



# SPOTCOACHING

FITNESS / YOGA / TRAINING

PLANNING ÉTÉ 2019  
du 08/07 au 01/09

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h			BEACH TRAINING**				
10h	NRGYM	BIKE ABDOS*	YOGA VINYASA (90')	NRGYM	CIRCUIT TRAINING	BARRE À TERRE	PILATES
11h	PILATES FONDA	PILATES INTER		PILATES BALL*	PILATES		BIKE TRAINING*
18h30	BIKE ABDOS*	CROSS TRAINING*	GYM PILATES*	GINASTICA*	STREET GIRLY MODERN CONTEMPORAIN		
19h30	RAGGA	YOGA VINYASA (90')					

\*Eve \*Sophie \*Benoit \*Léa \*Aziz \*Marylou

\* Pilates, Bike : sur inscription via SMS

\*\* BEACH TRAINING : rdv Rainbow Café à la sud - plage des Ecureuils

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