

# TRAINING STUDIO OPTIMALPERF

ÉQUILIBRE & PERFORMANCE

OUVERTURE DE 9H00 À 21H00

## PLANNING DE COURS COLLECTIFS 2012\*

	LUNDI	MARDI	MERCREDI	
MATIN	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>12H15-13H</p>  </div> <div style="width: 45%;"> <p>45 mn</p> <p>12H30-13H15</p> <p>CARDIO BOXE</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>60 mn</p> <p>12H15-13H15</p>  </div> <div style="width: 45%;"> <p>45 mn</p> <p>12H15-13H</p> <p>BODY SCULPT</p> </div> </div>		
	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>15 mn</p> <p>13H-13H15</p> <p>STRETCHING</p> </div> <div style="width: 45%;"> <p>15 mn</p> <p>13H-13H15</p> <p>ABDOS FLASH</p> </div> </div>			
SOIR	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>17H30-18H15</p> <p>CARDIO SCULPT</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>17H30-18H15</p> <p>CUISSES ABDOS FESSIERS</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>17H30-18H15</p> <p>CUISSES ABDOS FESSIERS</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>17H30-18H15</p>  </div> </div>		
	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-19H</p> <p>CIRCUIT TRAINING</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-19H</p> <p>STEP</p> </div> </div>		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-19H</p> <p>STEP</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-19H</p>  </div> </div>	
	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>30 mn</p> <p>19H-19H30</p> <p>STRETCHING</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>19H-19H30</p> <p>STRETCHING</p> </div> </div>			
	JEUDI	VENDREDI	SAMEDI	
MATIN	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>15 mn</p> <p>12H15-12H30</p> <p>HAUT DU CORPS</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>12H30-13H15</p>  </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>12H15-13H</p> <p>STEP</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>12H30-13H15</p>  </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>60 mn</p> <p>10H30-11H30</p>  <p>CIRCUIT TRAINING</p> </div> <div style="width: 45%;"> <p>30 mn</p> <p>11H30-12H</p> <p>STRETCHING</p> </div> </div>	
	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>12H30-13H15</p> <p>CUISSES ABDOS FESSIERS</p> </div> <div style="width: 45%;"> <p>15 mn</p> <p>13H-13H15</p> <p>STRETCHING</p> </div> </div>			
SOIR	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>17H30-18H15</p> <p>CARDIO BOXE</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>17H30-18H15</p> <p>BODYSULPT</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>30 mn</p> <p>18H15-18H45</p> <p>ABDOS FESSIERS</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-18H45</p> <p>ABDOS FESSIERS</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-19H</p> <p>PILATES</p> </div> <div style="width: 45%;"> <p>15 mn</p> <p>18H45-19H</p> <p>STRETCHING</p> </div> </div>	
	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-19H</p> <p>PILATES</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-19H</p> <p>STEP</p> </div> </div>			
	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-19H</p> <p>PILATES</p> </div> <div style="width: 45%;"> <p>45 mn</p> <p>18H15-19H</p> <p>STEP</p> </div> </div>			
			<p>Club certifié</p>  <ul style="list-style-type: none"> <li><span style="color: red;">■</span> Cardio-vasculaire</li> <li><span style="color: blue;">■</span> Renforcement musculaire</li> <li><span style="color: green;">■</span> Stretching</li> </ul>	

\* Planning non contractuel, susceptible de modification en cours d'année