



LIBERTY
FITNESS & COACHING
& Kids

PLANNING DES COURS

	LUNDI	MARDI	MERCREDI	JEUDI	 VENDREDI	SAMEDI
9H30 - 10H30	HIIT	CONDITIONNNG	STRETCHING	CROSS TRAINING	MINCEUR	MINCEUR
11H30 - 11H30						KID TRAINING
11H30 - 12H30		BOXING				
12H30 - 13H30	MINCEUR	CROSS TRAINING	BOXING	CONDITIONNNG	HIIT	
15H30 - 16H30			KID TRAINING			
17H30 - 18H30	BOXING	CONDITIONNNG	KID PARENTS / ENFANTS	MINCEUR		
18H30 - 19H30	CONDITIONNNG	HIIT	BOXING	CROSS TRAINING	HALTERO	
19H30 - 20H30	CROSS TRAINING	HALTERO	CONDITIONNNG	STRETCHING	BOXING	