



Carcassonne Olympique

Centre de Mise en Forme



Vos conseiller(e)s sportif(ve)s diplômé(e)s d'Etat:

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Cours Collectifs 2019/2020

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
8h15	Crosstraining 45'					
9h15	Abdos Flash 15'		Abdos Flash 15'		Abdos Flash 15'	Abdos Flash 15'
9h30	Bodysculpt 45'	CAF 45'	Fit gym 45'	Pilates 45'	TAF 45'	
9h30		Global Gym 45'				Bodysculpt 45'
10h00						
10h15	Fityoga 45'			Bodysculpt 45'	Global Gym 45'	Biking 45'
				Biking 45'		
10H30	Crosstraining 45'	Crosstraining 45'	Crosstraining 45'	Crosstraining 45'	Crosstraining 45'	
11h15					Acces libre piscine 45'	
12h15	Crosstraining 45'	CAF 45'	Crosstraining 45'	Crosstraining 45'	Bodysculpt 45'	
	Biking 45'	Crosstraining 45'	Biking 45'		Crosstraining 45'	
12h30	Bodysculpt 45'		TBC 45'			
14h30		Mod'L'Fit 45'				Dimanche (10h30-11h15) CAF 45'
14h45		Gym douce 45'				
15h15		Crosstraining 45'		Pilates 45'	Global Gym 45'	
				Crosstraining 45'		
16h00	Acces libre piscine 45'					
16h15	Relax & Stretch 45'					
17h30		Pilates 45'		CAF 45'		
18h30	CAF 45'	RaggaFit 1h00	Fit Burner 45'		TBC 45'	
	Biking 45'	Biking 45'	Biking 45'	Biking 45'	Biking 45'	
	Crosstraining 45'	Crosstraining 45'	Crosstraining 45'	Crosstraining 45'	Crosstraining 45'	
		Self defense 60'				
		Body sculpt 45'				
19h15			Fityoga 45'	Crosstraining 45'		
	Crosstraining 45'					
19h30				Pilates 45'		