

KEÏKO

|                    | LUNDI                                                                                                  | MARDI                       | MERCREDI                          | JEUDI                                   | VENDREDI                                |
|--------------------|--------------------------------------------------------------------------------------------------------|-----------------------------|-----------------------------------|-----------------------------------------|-----------------------------------------|
| 07:30<br><br>09:30 | Inscription & bilan & coaching / suivi plateau<br>7:30 – 8:00 & 8:30 – 9:30                            |                             |                                   |                                         |                                         |
|                    | Réveil musculaire<br>08:00 – 8:30                                                                      | HIIT<br>08:00 – 08:30       | Gym posturale<br>08:00 – 8:30     | Circuit Training<br>08:00 – 08:30       | Cuisses Abdos Fessiers<br>08:00 – 08:30 |
| 11:30<br><br>14:30 | Inscription & bilan & coaching/suivi plateau<br>11:30 – 12:15 & 13h45 – 14:30                          |                             |                                   |                                         |                                         |
|                    | Yoga<br>12:15 – 13:15                                                                                  | Full body<br>12:15 – 13:00  | HIIT<br>12:15 – 13:00             | Body Barre<br>12:15 – 13:00             | Yoga<br>12:15 – 13:15                   |
|                    | HIIT<br>13:15 – 13:45                                                                                  | 100% Abdos<br>13:15 – 13:45 | Body Barre<br>13:15 – 13:45       | Cuisses Abdos Fessiers<br>13:15 – 13:45 | Circuit Training<br>13:15 – 13:45       |
| 17:00<br><br>20:00 | Inscription & bilan & coaching/suivi plateau<br>17:00 – 17:45 & 19:15 – 20:00 (fermé le vendredi soir) |                             |                                   |                                         |                                         |
|                    | Circuit Training<br>17:45 – 18:30                                                                      | Body barre<br>17:45 – 18:30 | Circuit Training<br>17:45 – 18:30 | Body barre<br>17:45 – 18:30             | Fermé                                   |
|                    | Gym Posturale<br>18:45 – 19:15                                                                         | HIIT<br>18:45 – 19:15       | Full body<br>18:45 – 19:15        | Stretching<br>18:45 – 19:15             |                                         |