

PLANNING

LA.SALLE.DE.SPORT WITH REEBOK

CROSSFIT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:15 - 8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15	9:45 - 10:45	9:30 - 10:30
WOD	WOD	WOD	BOOTY SHAPE	WOD	WOD	WOD
8:15 - 9:00	8:15 - 9:15	8:15 - 9:00	8:15 - 8:45	8:15 - 9:15	10:45 - 11:45	10:45 - 11:45
WOD COND.	WOD	WOD COND.	GOWOD MOBILITY	WOD	WOD	BOOTY SHAPE
12:10 - 13:10	12:00 - 13:00	12:00 - 13:00		12:00 - 13:00	11:45 - 12:45	11:45 - 12:45
WOD	WOD	WOD		WOD	WOD	WOD
13:10 - 14:10	13:00 - 14:00	13:00 - 14:00	13:00 - 13:40	13:00 - 13:40	13:00 - 13:40	12:30 - 13:00
DECOUV.	HALTERO	POWER LIFTING	WOD COND.	WOD COND.	GOWOD MOBILITY	WOD
		17:30 - 18:30				GOWOD MOBILITY
		WOD				
18:00 - 19:00	18:00 - 19:00	18:30 - 19:30	18:30 - 19:30	17:00 - 18:00	17:15 - 18:00	15:45 - 16:45
WOD	WOD	WOD	WOD	WOD GYM	WOD COND.	WOD
19:00 - 20:00	19:00 - 20:00	19:30 - 20:30	19:30 - 20:30	19:30 - 20:30	18:00 - 19:00	16:45 - 17:45
WOD	BOOTY SHAPE	WOD	WOD	WOD	KB FLOW	WOD
20:00 - 21:00	20:00 - 20:30	20:30 - 21:30	20:30 - 21:30	20:30 - 21:30	18:00 - 19:00	
WOD COND.	GOWOD MOBILITY	WOD COND.	WOD COND.	WOD	WOD	

YOGA/PILATES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:45 - 8:45	7:45 - 8:45	7:30 - 8:30	7:45 - 8:45	7:30 - 8:30	10:00 - 11:00	10:15 - 11:15
BARRE & BEATS	HATHA YOGA	VINYASA YOGA	PILATES #1	VINYASA YOGA	HATHA YOGA	HIIT BARRE
12:20 - 13:20	12:10 - 13:10	12:10 - 13:10	12:30 - 13:30	12:10 - 13:10	11:00 - 12:00	11:15 - 12:15
VINYASA YOGA	HATHA FLOW	PILATES #1	HIIT YOGA	BARRE	HATHA FLOW	HATHA YOGA
13:20 - 14:00	13:10 - 14:10			13:10 - 14:10	12:15 - 13:30	12:15 - 13:15
CORE TRAINING	HATHA YOGA			PILATES FUSION	NORDIC PILATES	VINYASA YOGA
	17:00 - 18:00					
	HANDSTAND					
18:00 - 19:00	18:00 - 18:30	18:00 - 19:00	18:15 - 19:15	18:15 - 19:15	16:15 - 17:15	
NORDIC PILATES	CORE TRAINING	PILATES FUSION	VINYASA YOGA	HATHA FLOW	BURNING BALLET	
19:15 - 20:15	18:30 - 19:30	19:00 - 20:00	19:15 - 20:15	19:15 - 20:15	17:15 - 18:15	
YIN YOGA	VINYASA YOGA	HIIT YOGA	YIN YOGA	YIN YOGA	VINYASA YOGA	
20:30 - 21:30	19:30 - 20:30	20:00 - 21:00	20:15 - 21:15			
PILATES FUSION	PILATES FLOW	VINYASA YOGA	BARRE			

BOXING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:30 - 8:30	7:30 - 8:30	7:45 - 8:45	7:30 - 8:30		10:15 - 11:15	10:00 - 11:00
ANGLAISE #1	COND. BOXE	KICK #1	ANGLAISE #2		COND. BOXE	ANGLAISE #1
12:00 - 13:00	11:50 - 12:50	11:50 - 12:50	11:50 - 12:50	12:00 - 13:00	11:15 - 12:15	11:00 - 12:00
THAÏ #1	ANGLAISE #2	COND. BOXE	ANGLAISE #2	ANGLAISE #1	OPEN BOXE	ANGLAISE #2
13:00 - 13:00	12:50 - 13:50	12:50 - 13:50	12:50 - 13:50	13:00 - 13:00	12:15 - 13:30	12:00 - 13:00
FRANÇAISE #2	ANGLAISE #3	ANGLAISE #1	ANGLAISE #3	ANGLAISE #2	FRANÇAISE #1	FRANÇAISE #3
18:30 - 19:30	18:15 - 19:15	18:15 - 19:15	18:00 - 19:00	18:30 - 19:30	15:30 - 16:30	
KICK #2	ANGLAISE #1	ANGLAISE #1	FRANÇAISE #2	ANGLAISE #2	KICK #1	
19:30 - 20:30	THAÏ #2	19:15 - 20:15	19:00 - 20:00	19:30 - 20:30	16:30 - 17:30	
ANGLAISE #2	THAÏ #2	FRANÇAISE #1	ANGLAISE #1	THAÏ #2	ANGLAISE #1	
20:30 - 21:30	20:30 - 21:30	20:15 - 21:15	20:00 - 21:00			
ANGLAISE #1	FRANÇAISE #1	FRANÇAISE #2	KICK #2			
		21:15 - 22:15				
		ANGLAISE #1				

CYCLING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	7:15 - 8:00	7:15 - 8:00	7:15 - 8:00		10:30 - 11:15	10:30 - 11:15
	RPM 45	FREE RIDE 45	SPINNING 45		FREE RIDE 45	FREE RIDE 45
12:00 - 12:45	12:00 - 12:45	12:00 - 12:45	12:00 - 12:45	12:00 - 12:45	11:30 - 12:15	11:30 - 12:15
RPM 45	WATT 45	FREE RIDE 45	SPINNING 45	RPM 45	FREE RIDE 45	WATT 45
13:00 - 13:45	13:00 - 13:45	13:00 - 13:45	13:00 - 13:45	13:00 - 13:45		
WATT 45	RPM 45	WATT 45	FREE RIDE 45	RPM 45		
18:30 - 19:15	18:15 - 19:15	19:00 - 20:00	18:00 - 18:45	17:45 - 18:45	16:45 - 17:30	
FREE RIDE 45	SPINNING 60	RPM 60	WATT 45	FREE RIDE 60	WATT 45	
19:30 - 20:15	19:30 - 20:15		19:00 - 20:00			
FREE RIDE 45	FREE RIDE 45		SPINNING 60			