

# PLANNING

## LA.SALLE.DE.SPORT WITH REEBOK

CROSSFIT									
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE			
7:15 - 8:15 WOD	7:15 - 8:15 WOD	7:15 - 8:15 WOD	7:15 - 8:15 BOOTY SHAPE	7:15 - 8:15 WOD	7:15 - 8:15 WOD	9:15 - 10:15 WOD	9:15 - 10:15 BOOTY SHAPE	9:15 - 10:15 WOD	
8:15 - 9:00 WOD COND.	8:15 - 9:15 WOD	8:15 - 9:15 BOOTY SHAPE	8:15 - 9:15 WOD	8:15 - 9:15 WOD	8:15 - 9:15 WOD	10:15 - 11:15 WOD SKILLS	10:15 - 11:15 MES 1er WOD	10:15 - 11:15 WOD	
9:15 - 10:15 WOD		9:15 - 10:00 WOD COND.				11:15 - 12:15 WOD		11:15 - 12:15 WOD	
12:10 - 13:10 WOD	11:50 - 12:50 WOD	12:00 - 13:00 WOD	12:10 - 13:10 WOD	12:10 - 13:10 WOD	12:15 - 13:15 WOD	12:15 - 13:15 WOD		12:15 - 13:15 WOD	
13:10 - 14:10 Mes 1er WOD	12:50 - 13:50 HALTERO	12:50 - 13:50 WOD COND.	13:00 - 14:00 POWER LIFTING	13:00 - 13:40 MES 1er WOD	13:10 - 13:55 WOD COND.	13:10 - 14:10 MES 1er WOD	13:10 - 14:10 WOD		
17:30 - 18:30 WOD	17:30 - 18:30 WOD	17:30 - 18:30 WOD		17:15 - 18:15 WOD COND.		17:00 - 18:00 HALTERO	17:15 - 18:00 WOD COND.		
18:30 - 19:30 WOD	18:30 - 19:30 WOD	19:00 - 20:30 RUN & SKILLS	18:30 - 19:30 WOD	18:30 - 19:30 MES 1er WOD	18:15 - 19:15 GYM	18:00 - 19:00 MES 1er WOD	18:00 - 19:00 KB FLOW	15:15 - 16:15 WOD	
19:30 - 20:30 WOD	19:30 - 20:30 BOOTY SHAPE	19:30 - 20:30 WOD	19:30 - 20:30 BOOTY SHAPE	19:30 - 20:30 WOD	19:30 - 20:30 HALTERO	19:15 - 20:15 WOD	19:00 - 20:00 WOD	16:15 - 17:15 WOD	
20:30 - 21:30 WOD COND.	20:30 - 21:30 WOD COND.	20:30 - 21:30 WOD COND.		20:15 - 21:15 WOD		20:00 - 21:00 WOD		17:15 - 18:15 WOD	

YOGA/PILATES						
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:45 - 8:45 BARRE & BEATS	7:45 - 8:45 HATHA YOGA	7:30 - 8:30 VINYASA YOGA	7:30 - 8:30 PILATES	7:45 - 8:45 YINYASA YOGA	9:45 - 10:45 HATHA YOGA	9:45 - 10:45 PILATES FUSION
12:00 - 13:00 VINYASA YOGA	12:00 - 13:00 PILATES	12:10 - 13:10 PILATES	12:00 - 13:00 BARRE & BEATS	12:00 - 13:00 BARRE	10:45 - 11:45 HATHA FLOW	10:45 - 11:45 HATHA YOGA
13:00 - 14:00 PILATES	13:00 - 14:00 HATHA YOGA	13:10 - 14:10 HIIT BARRE	13:00 - 14:00 HIIT YOGA	13:00 - 14:00 PILATES FUSION	11:45 - 12:45 ATHELTIC FUSION	11:45 - 12:45 VINYASA YOGA
	17:00 - 18:00 HANDSTAND				12:45 - 14:00 NORDIC PILATES	12:45 - 14:00 APSARA YOGA
18:00 - 19:00 NORDIC BLISS	18:00 - 19:00 VINYASA YOGA	18:00 - 19:00 HATHA YOGA	17:45 - 18:45 BARRE	18:00 - 19:00 BALLET TONIC	16:45 - 17:45 PILATES FLOW	
19:00 - 20:00 ASHTANGA YOGA	19:00 - 20:00 YOGUYS	19:00 - 20:00 ATHLETIC FUSION	18:45 - 19:45 YOGUYS	19:00 - 20:00 HATHA FLOW	17:45 - 18:45 VINYASA YOGA	
20:00 - 21:00 YIN YOGA	20:00 - 21:00 PILATES FLOW	20:00 - 21:00 HIIT YOGA	19:45 - 20:45 VINYASA YOGA	20:00 - 21:00 YIN YOGA		
21:00 - 22:00 PILATES FUSION	21:00 - 22:00 YIN YOGA	21:00 - 22:00 VINYASA YOGA	20:45 - 21:45 YIN YOGA			

BOXING						
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:30 - 8:30 ANGLAISE #1	7:30 - 8:30 BOXE COND.	7:45 - 8:30 BOXE & BAG 45	7:30 - 8:30 ANGLAISE #2	7:30 - 8:30 ANGLAISE #1	9:30 - 10:30 COND. BOXE	9:30 - 10:30 ANGLAISE #2
	8:30 - 9:30 ANGLAISE #1				10:30 - 11:30 ASSAUT #2	10:30 - 11:30 ANGLAISE #1
12:00 - 13:00 THAI #1	12:10 - 13:10 ANGLAISE #2	11:50 - 12:50 COND. BOXE	11:50 - 12:50 ANGLAISE #2	11:50 - 12:50 ANGLAISE #2	11:30 - 12:30 FRANCAISE #1	11:30 - 12:30 FRANCAISE #2
13:00 - 14:00 FRANCAISE #2	13:10 - 13:55 BOXE & BAG 45	12:50 - 13:50 ANGLAISE #1	12:50 - 13:50 ASSAUT #2	12:50 - 13:50 THAI #1	12:30 - 13:30 ANGLAISE #1	12:30 - 13:30 BOXE COND.
17:45 - 18:45 BOXE COND.	17:45 - 18:45 ANGLAISE #1	18:15 - 19:15 THAI #1	17:30 - 18:30 FRANCAISE #1	17:45 - 18:45 ANGLAISE #1	15:30 - 16:30 ANGLAISE #1	
18:45 - 19:45 ANGLAISE #2	18:45 - 19:45 THAI #2	19:15 - 20:15 FRANCAISE #2	18:30 - 19:30 FRANCAISE #2	18:45 - 19:45 THAI #2	16:30 - 17:30 ANGLAISE #2	
19:45 - 20:45 THAI #1	19:45 - 20:45 FRANCAISE #1	20:15 - 21:15 FRANCAISE #1	19:30 - 30:30 ANGLAISE #2	19:45 - 20:45 ANGLAISE #2	17:30 - 18:30 FRANCAISE #2	
20:45 - 21:45 ANGLAISE #1	20:45 - 21:45 ANGLAISE #2	21:15 - 22:15 ANGLAISE #1	20:30 - 21:30 ANGLAISE #1			

CYCLING						
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:15 - 8:00 RPM 45	7:15 - 8:00 RPM 45		7:15 - 8:00 SPINNING 45	7:15 - 8:00 RPM 45	10:30 - 11:15 FREE RIDE 45	10:30 - 11:15 FREE RIDE 45
		8:15 - 9:15 FREE RIDE 45	9:30 - 10:45 SPINNING EXP		11:30 - 12:15 FREE RIDE 45	11:30 - 12:15 WATT 45
12:00 - 12:45 RPM 45	12:00 - 12:45 WATT 45	12:00 - 12:45 FREE RIDE 45	12:00 - 12:45 FREE RIDE 45	12:00 - 12:45 RPM 45		
13:00 - 13:45 RPM 45	13:00 - 13:45 RPM 45	13:00 - 13:45 WATT 45	13:00 - 13:45 FREE RIDE 45	13:00 - 13:45 RPM 45	16:15 - 17:30 FREE RIDE 45	
18:30 - 19:15 RPM 45	18:00 - 19:00 SPINNING 60	18:00 - 18:45 SPINNING 45	18:15 - 19:00 FREE RIDE 45	17:45 - 18:30 FREE RIDE 45	17:15 - 18:00 WATT 45	
19:30 - 20:15 RPM 45	19:15 - 20:00 SPINNING 45	19:00 - 20:00 SPINNING 60	19:15 - 20:00 FREE RIDE 45	18:45 - 19:30 FREE RIDE 45		
20:30 - 21:15 RPM 45	20:15 - 21:00 SPINNING 45					