



# FITNESS

## COURS COLLECTIFS

### PLANNING

ALL IN COUNTRY CLUB - 2023

AMPLITUDE D'OUVERTURE DES SALLES EN SEMAINE : 7H-22H30

LUNDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
7h30-8h30		Yoga Vinyasa	(Re)conditionning	
8h30-9h30		Yoga Vinyasa	(Re)conditionning	
12h-13h	Biking		Intensity	
13h-14h		Stretching	Instability	
18h30-19h30		Yoga Vinyasa	Intensity	
19h30-20h30		Stretching & relaxation	Instability	

MARDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
7h30-8h30		Yoga Vinyasa	(Re)conditionning	
8h30-9h30		Yoga Vinyasa	(Re)conditionning	
12h-13h		Yoga Vinyasa	Intensity	Running
13h-14h		Yoga Vinyasa	Instability	
18h30-19h30			Intensity	
19h30-20h30		Stretching & relaxation	Instability	

MERCREDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
7h30-8h30		Yoga Vinyasa	(Re)conditionning	
8h30-9h30		Yoga Vinyasa	(Re)conditionning	
12h-13h		Yoga Vinyasa	Aerobic Training	
13h-14h		Yoga Vinyasa	Instability	
18h30-19h30			Intensity	
19h30-20h30		Stretching & relaxation	Instability	



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JEUDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
7h30-8h30		Yoga Vinyasa	(Re)conditionning	
8h30-9h30		Yoga Vinyasa	(Re)conditionning	
12h-13h	Biking		Fly Yoga	
13h-14h		Yoga Vinyasa	Intensity	
18h30-19h30		Yin Yoga/Relaxation	Intensity	
19h30-20h30		Yin Yoga/Relaxation	Instability	

VENDREDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
7h30-8h30		Yoga Vinyasa	(Re)conditionning	
8h30-9h30		Yoga Vinyasa	(Re)conditionning	
12h-13h		Yoga Vinyasa	Aerobic Training	
13h-14h		Yoga Vinyasa	Instability	
18h30-19h30			Intensity	
19h30-20h30		Yoga Vinyasa	Instability	

AMPLITUDE D'OUVERTURE DES SALLES LE WEEK-END : 8H-20H

SAMEDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
9h-10h		Yoga Vinyasa	Re(conditionning)	
10h-11h		Yoga Vinyasa	Re(conditionning)	Running
17h-18h	Biking		Aerobic Training	
18h-19h		Stretching & relaxation	Intensity	

DIMANCHE				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
9h-10h		Yoga Vinyasa	Aerobic Training	
10h-11h		Yoga Vinyasa	Re(conditionning)	
17h-18h		Yoga Vinyasa	Aerobic Training	
18h-19h		Yin Yoga Relaxation	Intensity	