



FITNESS

COURS COLLECTIFS

PLANNING

ALL IN COUNTRY CLUB - 2024

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

LUNDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
8h30-9h30		Yoga Eveil Matinal	(Re)conditioning	
9h30-10h30		Yoga Mobilité	(Re)conditioning	
12h30-13h30			Intensity	
13h30-14h30		Stretching	Instability	
18h30-19h30		Yoga Renforcement	Intensity	
19h30-20h30		Stretching & relaxation	Instability	

MARDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
8h30-9h30		Yoga Eveil Matinal	(Re)conditioning	
9h30-10h30		Yoga Mobilité	(Re)conditioning	
12h30-13h30		Yoga Renforcement	Intensity	
13h30-14h30		Yoga Mobilité	Instability	
16h30-17h30			Force Athlétique : Squat	
18h30-19h30			(Re)conditioning	
19h30-20h30		Stretching & relaxation		

MERCREDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
8h30-9h30		Yoga Eveil Matinal	(Re)conditioning	
9h30-10h30		Yoga Mobilité	(Re)conditioning	
12h30-13h30		Yoga Renforcement	Aerobic Training	
13h30-14h30		Yoga Mobilité	Instability	
16h30-17h30			Force Athlétique : Développé couché	
18h30-19h30			Intensity	
19h30-20h30		Stretching & relaxation	Instability	



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JEUDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
8h30-9h30		Yoga Eveil Matinal	(Re)conditioning	
9h30-10h30		Yoga Mobilité	(Re)conditioning	
12h-13h		Yoga Renforcement	Intensity	
13h-14h			Fly Yoga	
18h30-19h30		Yin Renforcement	Intensity	
19h30-20h30		Yoga Détente	Instability	

VENDREDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
8h30-9h30		Yoga Eveil Matinal	(Re)conditioning	
9h30-10h30		Yoga Mobilité	(Re)conditioning	
12h30-13h30		Yoga Mobilité	Aerobic Training	
13h30-14h30		Yoga Renforcement	Instability	
16h30-17h30			Force Athlétique : Soulevé de Terre	
18h30-19h30			Intensity	
19h30-20h30		Yoga Détente	Instability	

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

SAMEDI				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
9h30-10h30		Yoga Eveil Matinal	(Re)conditioning	
10h30-11h30		Yoga Mobilité	(Re)conditioning	
17h-18h			Aerobic Training	
18h-19h		Stretching & relaxation	Intensity	

DIMANCHE				
	ROOM 1	ROOM 2	MAIN ROOM	OUTDOOR
10h-11h		Yoga Eveil Matinal	Aerobic Training	
11h-12h		Yoga Mobilité	(Re)conditioning	
17h-18h		Yoga Renforcement	Aerobic Training	
18h-19h		Yoga Détente	Intensity	