



PLANNING

COURS COLLECTIFS

#TRAINBETTER

	LUN	MAR	MER	JEU	VEN	SAM
09H15	CROSS TRAINING	GYM DOS	CAF	OPEN GYM	PILATES	YOGA
10H00	YOGA		STRETCHING			CROSS BIKING
11H00						BOXING BAG
12H30	SPRINT	BOXING BAG	PILATES	TRX TRAINING	MASTERCLASS	
17H30	MOBILITY	TRX TRAINING	CROSS TRAINING	OPEN GYM	PILATES	
18H15	BOXING BAG	CAF	YOGA	CARDIO TRAINING	CAF	
19H00	CROSS TRAINING	BOXING BAG / OPEN GYM	CROSS BIKING	PILATES	MASTERCLASS	
20H00	YOGA	MASTERCLASS	OPEN GYM	TRX TRAINING		

CONTACT
 06-80-82-06-83
 justinecoachcws@gmail.com
 www.coach-wellness-sports.com

ACCUEIL COMMERCIAL
 SUR RENDEZ-VOUS
 AU 06-80-82-06-83

ACCÈS LIBRE
 7H30-21H30

"NE CONFIEZ JAMAIS VOTRE CORPS À DES AMATEURS"