

# PLANNING DES COURS COLLECTIFS

**CWS**  
Coach Wellness Sports

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09H15	 CROSS TRAINING	 GYM DOUCE	 CAF	 TRX TRAINING	 PILATES	 YOGA
10H00	 YOGA		 STRETCHING			 GYM WORKOUT  BIKING
11H00						 BOXE TRAINING <sup>EVENT 1H</sup>
12H30	 SPRINT	 BOXE TRAINING	 PILATES	 CAF	 CROSS TRAINING	
17H30	 MOBILITY	 TRX TRAINING	 CROSS TRAINING	 CAF	 PILATES	
18H15	 BOXE TRAINING	 CAF	 YOGA	 CROSS TRAINING	 SPRINT	
19H00	 CROSS TRAINING  BIKING	 BOXE TRAINING	 TRX TRAINING  BIKING	 PILATES  CAF	 CAF	
20H00	 YOGA	 GYM WORKOUT	 STEP	 TRX TRAINING		

## CONTACT

06-80-82-06-83

[justinecoachcws@gmail.com](mailto:justinecoachcws@gmail.com)

[www.coach-wellness-sports.com](http://www.coach-wellness-sports.com)

## ACCUEIL COMMERCIAL

SUR RENDEZ-VOUS

LUNDI - VENDREDI : 9H00-20H00

SAMEDI : 9H00-12H00

## ACCÈS LIBRE

LUNDI - VENDREDI : 7H30-21H30

SAMEDI - DIMANCHE : 7H30-18H30

"NE CONFIEZ JAMAIS VOTRE CORPS À DES AMATEURS"