
























Le planning du Lodge Coaching Club

-  Coaching sportif de groupe
-  Coaching sportif individuel

	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
LUNDI LINDA	Coaching 60min	Coaching 60min		Pilates 45min	Mobilité 45min	Coaching 60min	Coaching 60min			TRX 45min	Renforcement 45min	Coaching 60min	Pilates 45min	
MARDI LINDA	Coaching 60min	Coaching 60min	TRX 45min		Coaching 60min	Coaching 60min	Pilates 45min			Renforcement 45min	Coaching 60min	Coaching 60min		
MERCREDI LORRIS	Coaching 60min	Renforcement 45min	Coaching 60min	Coaching 60min		Réathlétisation 45min	TRX 45min			Coaching 60min	Mobilité 45min	Renforcement 45min	Coaching 60min	
JEUDI LINDA	Coaching 60min	Coaching 60min	Pilates 45min	Mobilité 45min	Coaching 60min		Coaching 60min		Coaching 60min		Coaching 60min	Pilates 45min	Coaching 60min	
VENDREDI LORRIS	Coaching 60min	Coaching 60min	Réathlétisation 45min	Renforcement 45min	Coaching 60min	Coaching 60min			Mobilité 45min	Coaching 60min	Coaching 60min	TRX 45min	Coaching 60min	