

PLANNING GROUP TRAINING SPORT QUEST

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi						
MATIN	7h30-10h CTA 45' Force Force globale	7h30-10h CTA 45' Ski Rando / Alpin	7h30-10h CTA 45' Endurance Cardio global	7h30-10h CTA 30' Core Training Abdo - Gainage	7h30-10h CTA 45' Force Force globale	7h30-10h CTA 45' Ski Rando / Alpin	7h30-10h CTA 45' Endurance Cardio global	7h30-10h CTA 30' Core Training Abdo - Gainage	7h30-10h CTA 45' Force Force globale	7h30-10h CTA 45' Ski Rando / Alpin	10h-12h CTA 45' Endurance Cardio global	7h-10h Sorties Trail RDV selon sortie (option)*

MIDI	12h15-12h45 Synrgy Vitesse Cardio global	12h30-13h Core Training Abdo - Gainage	12h15-12h45 Synrgy Force Force globale	12h30-13h30 Yoga Mobilité	12h15-12h45 Synrgy Vitesse Cardio global	12h30-13h15 Cycling Spinning indoor	12h15-13h Urban Hills Outdoor training	12h30-13h30 Yoga Mobilité	12h15-12h45 Synrgy Force Force globale	12h15-13h15 Urban Running Course en ville	12h-17h CTA 45' Endurance Cardio global
	13h15-13h45 Synrgy Vitesse Cardio global	13h15-13h45 Core Training Abdo - Gainage	13h15-13h45 Synrgy Force Force globale		13h15-13h45 Synrgy Vitesse Cardio global		13h15-13h45 Synrgy Force Force globale		13h15-13h45 Synrgy Force Force globale	13h15-13h45 Flexibility Etirements	
	15h-17h CTA 45' Force		15h-17h CTA 45' Endurance		15h-17h CTA 45' Force		15h-17h CTA 45' Endurance		12h30-13h15 Cycling Spinning indoor	15h-17h CTA 45' Force	

SOIR	18h15-18h45 Synrgy Force Force globale	18h30-19h15 Cycling Spinning indoor	18h15-18h45 Synrgy Vitesse Cardio global	19h-20h30 Trail nature Technique côtes	18h15-18h45 Synrgy Force Spécifique ski	18h30-19h15 Fight condi PPG boxe	18h15-18h45 Synrgy Vitesse Cardio global	18h30-19h30 Pilates Renforcement	17h-20h CTA 30' Core Training Abdo - Gainage
	19h15-19h45 Synrgy Force Force globale		19h15-19h45 Synrgy Vitesse Cardio global	19h30-20h30 Pilates Renforcement	19h15-19h45 Synrgy Force Spécifique ski	18h30-20h30 CTA Cycling 45' PPG vélo	18h45-19h15 Core Training Abdo - Gainage		
			19h-20h Running stade Vitesse VMA		18h30-19h15 Health Quest Relaxation		19h15-19h45 Synrgy Vitesse Cardio global		

Légende	NORTH	Vitesse	Force	Coordination	Smooth
	SOUTH	Vitesse	Force	Coordination	Smooth
	WEST	Vitesse	Force	Coordination	
	SMOOTH	Smooth			

*Sorties Trail : Accès avec l'option Trail aux sorties du mardi soir et samedi matin (Infos et inscriptions au desk)