

# OLYMPÉ

## PLANNING COACHINGS SMALL GROUP

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
		12H30-13H30			09H30-10H30
MUSCULATION	CARDIO TRAINING	MUSCULATION	CARDIO TRAINING	MUSCULATION	TEAM TRAINING
		17H30-18H30			10H30-11H30
CROSS TRAINING	MUSCULATION	CARDIO TRAINING	CROSS TRAINING	CARDIO TRAINING	COMBAT
		18H30-19H30			
CARDIO TRAINING	CROSS TRAINING	COMBAT	MUSCULATION	CROSS TRAINING	



- **MUSCULATION** : RENFORCEMENT MUSCULAIRE FULL BODY
- **CROSS-TRAINING** : PRÉPARATION PHYSIQUE GÉNÉRALE
- **CARDIO-TRAINING** : ENDURANCE/MÉTHODE HIIT/FRACTIONNÉ/CARDIO BOXING
- **COMBAT** : SPORT DE PERCUSSION
- **TEAM-TRAINING** : CROSS-TRAINING/CHALLENGE EN ÉQUIPE