mon stade
PROGRESSEZ
EN SPORT
ET EN SANTÉ

PLANNING TRAINING :
PERSONAL TRAINING & ATELIER

A PARTIR DU 1er SEPTEMBRE 2025

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		
	Personal Training	Atelier	Personal Training	Atelier	Personal Training	Atelier	Personal Training	Atelier	Personal Training	Atelier	Personal Training	Atelier	
07h00													07h00
30													30
45													45
08h00	Personal Training		Personal Training			ATELIER	Personal Training		Personal Training		Personal Training		08h00
15													15
30	8h00 - 9h00		8h00 - 9h00			8h00 - 9h00	8h00 - 9h00		8h00 - 9h00		8h00 - 9h00		30
45	Jules		Geoffrey			Cédric	Cédric		Justine		*Alternance*		45
09h00													09h00
15		ATELIER	Personal Training					ATELIER	Personal Training		Personal Training		15
30													30
45		9h15 - 10h15	9h15 - 10h15					9h15 - 10h15	9h15 - 10h15		9h15 - 10h15		45
10h00		Alexis	Geoffrey					Cédric	Justine		*Alternance*		10h00
15													15
30	Personal Training			ATELIER			Personal Training			ATELIER	Personal Training		30
45													45
11h00	10h30 - 11h30			10h30-11h30			10h30 - 11h30			10h30-11h30	10h30 - 11h30		11h00
15	Alexis			Cédric			Romain			Justine	*Alternance*		15
30													30
45												ATELIER	45
12h00	Personal Training			ATELIER	Personal Training		Personal Training			ATELIER			12h00
15												11h45 - 12h45	15
30	12h00 - 13h00			12h00 - 13h00	12h00 - 13h00		12h00 - 13h00			12h00 - 13h00		*Alternance*	30
45	Raphaël			Jacques	Jules		Jacques			Jules			45
13h00													13h00
15		ATELIER	Personal Training		Personal Training			ATELIER	Personal Training				15
30													30
45		13h15 - 14h15	13h15 - 14h15		13h15 - 14h15			13h15 - 14h15	13h15 - 14h15				45
14h00		Raphaël	Cédric		Raphaël			Jacques	Jules				14h00
15													15
30	Personal Training		Personal Training			ATELIER	Personal Training		Personal Training				30
45													45
15h00	14h30 - 15h30		14h30 - 15h30			14h30 - 15h30	14h30 - 15h30		14h30 - 15h30				15h00
15	Raphaël		Cédric			Raphaël	Jules		Jules				15
30													30
45	Personal Training			ATELIER	Personal Training		Personal Training		Personal Training				45
16h00													16h00
15	15h45 - 16h45			15h45 - 16h45	15h45 - 16h45		15h45 - 16h45		15h45 - 16h45				15
30	Alexis			Jacques	Cédric		Jules		Romain				30
45													45
17h00	Personal Training		Personal Training		Personal Training			ATELIER	Personal Training				17h00
15													15
30	17h00 - 18h00		17h00 - 18h00		17h00 - 18h00			17h00 - 18h00	17h00 - 18h00				30
45	Justine		Simon		Romain			Geoffrey	Romain				45
18h00													18h00
15		ATELIER	Personal Training		Personal Training		Personal Training			ATELIER			15
30													30
45		18h15 - 19h15	18h15 - 19h15		18h15 - 19h15		18h15 - 19h15			18h15 - 19h15			45
19h00		Justine	Simon		Romain		Geoffrey			Romain			19h00
15													15
30	Personal Training		Personal Training		Personal Training		Personal Training						30
45													45
20h00	19h30 - 20h30		19h30 - 20h30		19h30 - 20h30		19h30 - 20h30						20h00
15	Justine		Simon		Romain		Geoffrey						15
30													30
45													45
21h00													21h00