mon stade
PROGRESSEZ
EN SPORT
ET EN SANTÉ

PLANNING TRAINING MSP13
30 PERSONAL TRAINING & 15 ATELIER
A COMPTER du 6 JUILLET 2026

	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 8h00 - 9h00 **JULES**		Personal Training 8h00 - 9h00 **JULES**			ATELIER 8h00 - 9h00 **ALEXIS**	Personal Training 8h00 - 9h00 **ALEXIS**		Personal Training 8h00 - 9h00 **JUSTINE**		Personal Training 8h00 - 9h00 *En alternance*		08h00
15													15
30													30
45													45
09h00													09h00
15		ATELIER 9h15 - 10h15 **JULES**	Personal Training 9h15 - 10h15 **JULES**		Personal Training 9h15 - 10h15 **ALEXIS**			ATELIER 9h15 - 10h15 **ALEXIS**	Personal Training 9h15 - 10h15 **JUSTINE**		Personal Training 9h15 - 10h15 *En alternance*		15
30													30
45													45
10h00													10h00
15													15
30	Personal Training 10h30 - 11h30 **JULES**			ATELIER 10h30-11h30 **JULES**	Personal Training 10h30 - 11h30 **ALEXIS**		Personal Training 10h30 - 11h30 **ALEXIS**			ATELIER 10h30-11h30 **JUSTINE**		ATELIER 10h30-11h30 *En alternance*	30
45													45
11h00													11h00
15													15
30													30
45												ATELIER 11h45 - 12h45 *En alternance*	45
12h00	Personal Training 12h00 - 13h00 **ROMAIN**		Personal Training 12h00 - 13h00 **JUSTINE**			ATELIER 12h00 - 13h00 **SIMON**	Personal Training 12h00 - 13h00 **JACQUES**		Personal Training 12h00 - 13h00 **JULES**				12h00
15													15
30													30
45													45
13h00													13h00
15		ATELIER 13h15 - 14h15 **ROMAIN**	Personal Training 13h15 - 14h15 **JUSTINE**		Personal Training 13h15 - 14h15 **SIMON**			ATELIER 13h15 - 14h15 **JACQUES**	Personal Training 13h15 - 14h15 **JULES**				15
30													30
45													45
14h00													14h00
15													15
30										ATELIER 14h30 - 15h30 **JULES**			30
45													45
15h00													15h00
15													15
30													30
45									Personal Training 15h45 - 16h45 **ROMAIN**				45
16h00													16h00
15													15
30													30
45													45
17h00	Personal Training 17h00 - 18h00 **JUSTINE**		Personal Training 17h00 - 18h00 **SIMON**			ATELIER 17h00 - 18h00 **JACQUES**		ATELIER 17h00 - 18h00 **JUSTINE**	Personal Training 17h00 - 18h00 **ROMAIN**				17h00
15													15
30													30
45													45
18h00													18h00
15		ATELIER 18h15 - 19h15 **JUSTINE**	Personal Training 18h15 - 19h15 **SIMON**		Personal Training 18h15 - 19h15 **JACQUES**		Personal Training 18h15 - 19h15 **ROMAIN**			ATELIER 18h15 - 19h15 **ROMAIN**			15
30													30
45													45
19h00													19h00
15													15
30	Personal Training 19h30 - 20h30 **JUSTINE**		Personal Training 19h30 - 20h30 **SIMON**		19h30 - 20h30 **JACQUES**		Personal Training 19h30 - 20h30 **ROMAIN**						30
45													45
20h00													20h00
15													15
30													30
45													45
21h00													21h00