

| | MATIN | | | | | Après-midi / Soir | | |
|-----|--------------------------------|-----------------------|-------------------------|---|-------------------------|--------------------------------|-----------------------|-----------------------|
| LUN | PERSONAL TRAINING 7h30-9h | GROUP TRAINING 9H | GROUP TRAINING 10H | PERSONAL TRAINING 10h45-12h30 | GROUP TRAINING 12H30 | PERSONAL TRAINING 13h15-19h | GROUP TRAINING 19H | |
| MAR | PERSONAL TRAINING 7h30-18h | | | | | PERSONAL TRAINING 13h15-18h | FOOTBALL PLAY 18H | |
| MER | PERSONAL TRAINING 7h30-9h | GROUP TRAINING 9H | GROUP TRAINING 10H | FOOTBALL PLAY 11H | GROUP TRAINING 12H30 | PERSONAL TRAINING 13h15-18h | FOOTBALL PLAY 18H | GROUP TRAINING 19H |
| JEU | PERSONAL TRAINING 7h30-9h | GROUP TRAINING 9H | GROUP TRAINING 10H | PERSONAL TRAINING 10h45-12h30 | GROUP TRAINING 12H30 | PERSONAL TRAINING 13h15-18h | FOOTBALL PLAY 18H | |
| VEN | PERSONAL TRAINING 7h30-9h | GROUP TRAINING 9H | GROUP TRAINING 10H | PERSONAL TRAINING 10h45-12h30 | GROUP TRAINING 12H30 | | | |
| SAM | PERSONAL TRAINING 8H30-9h30 | FOOTBALL PLAY 9H30 | GROUP TRAINING 10H30 | PERSONAL TRAINING SUR RDV DU LUNDI AU SAMEDI de 7h30 à 21h | | | | |



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