

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

**7h :**  
Cross Training (60')

**8h :**  
Cross Training (60')

**12h 30 :**  
Cross Training (60')

**17h :**  
Cross Training (60')

**18h :**  
Cross Training (60')  
Pole Dance (60')

**18h45 :**  
MMA (90')

**19h :**  
Cross Training (60')

**19h15 :**  
Hatha Yoga (45')

**20h :**  
Cross Training (60')

**20h30 :**  
Pieds-poings (90')

**7h :**  
Cross Training (60')

**8h :**  
Cross Training (60')

**12h30 :**  
Cross Training (60')

**17h :**  
Cross Training (60')

**18h :**  
Cross Training (60')

**18h15 :**  
Pilates (45')

**18h30 :**  
Jiu-Jitsu Brésilien (90')

**19h :**  
Cross Training (60')

**19h15 :**  
Hatha Yoga (45')

**20h :**  
Cross Training (60')  
MMA (90')

**7h :**  
Cross Training (60')

**8h :**  
Cross Training (60')

**12h30 :**  
Cross Training (60')  
Yoga Vinyasa (45')

**17h :**  
Cross Training (60')

**17h30 :**  
MMA Femmes (60')

**18h :**  
Cross Training (60')

**18h15 :**  
Pole Dance (60')

**18h45 :**  
MMA (90')

**19h :**  
Cross Training (60')

**19h30 :**  
Yoga Vinyasa (45')

**20h :**  
Cross Training (60')

**20h30 :**  
Pieds-poings (90')

**7h :**  
Cross Training (60')

**8h :**  
Cross Training (60')

**12h30 :**  
Cross Training (60')

**17h :**  
Cross Training (60')

**17h30 :**  
Atypical Balance (45')

**18h :**  
Cross Training (60')

**18h30 :**  
Jiu-Jitsu Brésilien (90')  
Yoga Vinyasa (45')

**19h :**  
Cross Training (60')

**19h30 :**  
Pilates (45')

**20h :**  
Cross Training (60')  
Pieds-poings (90')

**7h :**  
Cross Training (60')

**8h :**  
Cross Training (60')

**12h30 :**  
Cross Training (60')

**17h :**  
Cross Training (60')

**18h :**  
Cross Training (60')

**18h15 :**  
Pilates (45')

**18h30 :**  
Grappling (90')

**19h :**  
Cross Training (60')

**19h30 :**  
Pole Dance (60')

**20h :**  
Cross Training (60')  
Jiu-Jitsu Brésilien (90')

**9h :**  
Cross Training (60')

**10h :**  
Cross Training (60')  
Jiu-Jitsu Brésilien (90')

**10h :**  
Cross Training (60')

**11h :**  
Cross Training (60')

Cross

Salle de yoga

Dojo



# ATYPICAL TRAINING

 32 rue jacquard, 38100 Grenoble

 04 76 29 01 21

 contact@atypical-training.fr

 www.atypicaltraining.fr

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## CROSS TRAINING

- **CROSS TRAINING** : DISCIPLINE COMPLÈTE FAISANT TRAVAILLER L'INTÉGRALITÉ DU CORPS À TRAVERS : LA FORCE, L'ENDURANCE, L'AGILITÉ, L'ÉQUILIBRE, LA VITESSE, LA PUISSANCE, LA PRÉCISION ET LA COORDINATION.



## BIEN-ÊTRE

- **YOGA** : DISCIPLINE DU CORPS ET DE L'ESPRIT UTILISANT POSTURES PHYSIQUES, PRATIQUES RESPIRATOIRES, MÉDITATION, ET RELAXATION.
- **PILATES** : GYMNASTIQUE COMBINANT DES EXERCICES DE RENFORCEMENT MUSCULAIRE, DE FLEXIBILITÉ, DE RESPIRATION ET DE POSTURE.
- **POLE DANCE** : DANSE ACROBATIQUE AUTOUR D'UNE BARRE VERTICALE.



## SPORTS DE COMBAT

- **MMA** : COMBINAISON DE COUPS DE POINGS, DE PIEDS, AINSI QUE DES TECHNIQUES DE GRAPPLING.
- **BOXE PIEDS-POINGS** : COMBINAISON DE COUPS DE POINGS ET DE COUP DE PIEDS.
- **JIU-JITSU BRÉSILIEN / GRAPPLING** : ART MARTIAL AXÉ SUR LE COMBAT AU SOL ET LES TECHNIQUES DE SOUMISSION, COMME LES CLÉS ET LES ÉTRANGLEMENTS.  
( GRAPPLING = SANS KIMONO )