



PLANNING FITNESS du 20 au 26 Septembre

| LUNDI 20 | MARDI 21 | MERCREDI 22 | JEUDI 23 | VENREDI 24 | SAMEDI 25 | DIMANCHE 26 |
|---|--|---|--|---|---|--|
| FITNESS | | | | | | |
| | 0800-0930 YOGA ASHTANGA Lionel Salle TRX | | | | | |
| 09h30-10h15 POSTURAL SCULPT Max Salle Fitness | 09h30-10h15 POWER SCULPT Marie C Salle Fitness | 09h30-10h15 TRX (réservation) Max Salle TRX | 09h30-10h15 HIT CARDIO Marie.C Salle Fitness | 09h30-10h15 TRX (réservation) Marie C Salle TRX | | 09h30-10h30 CROSS TRAINING Mounir Tente de Cross Training |
| 10h15-11h00 GYM STICK Max Salle Fitness | 10h15-11h00 PILATES Marie C Salle Fitness | 10h15-11h00 CAF TRAINING Max Salle Fitness | 10h15-11h00 TRX (réservation) Marie.C Salle TRX | 10h15-11h00 CAF TRAINING Marie.C Salle Fitness | 10h00 - 11h30 YOGA HATHA Sophie Etage Manoir | 10h00 - 11h30 YOGA HATHA Sophie Etage Manoir |
| 11h00-11h45 STRETCHING Max Salle Fitness | 11h00-11h45 HIT CARDIO Marie C Salle Fitness | 11h00-11h45 GYM STICK Max Salle Fitness | 11h00-11h45 MOVIE DANCE Marie C Salle Fitness | 11h00-11h45 STRETCHING Marie.C Salle Fitness | 10h30 - 11h30 HIT CARDIO Momo Salle Fitness | 10h30 - 11h30 HIT CARDIO Marie C Salle Fitness |
| 11h45-12h30 PILATES Brigitte Salle Fitness | 11h45-12h30 FIT BALANCE Marie C Salle Fitness | 11h45-12h30 TRX (réservation) Valentin Salle TRX | 11h45-12h30 STRETCHING Marie C Salle Fitness | 11h45-12h30 POSTURAL SCULPT Marilène Salle Fitness | 11h30 - 13h00 YOGA HATHA Sophie Etage Manoir | 11h30 - 13h00 YOGA HATHA Sophie Etage Manoir |
| 12h30 - 13h30 YOGA HATHA Brigitte Salle Fitness | 12h30 - 13h30 POWER SCULPT Marie Salle Fitness | 12h30 - 13h30 PILATES Valentin Salle Fitness | 12h30 - 13h30 HIT CARDIO Marie Salle Fitness | 12h30 - 13h30 FIT BALANCE Marilène Salle Fitness | 11h30 - 12h15 STRETCHING Momo Salle Fitness | 11h30 - 12h15 STRETCHING Mounir Salle Fitness |
| 13h30 - 14h15 STRETCHING Marie Salle Fitness | 13h30 - 14h15 STRETCHING Marie Salle Fitness | 13h30 - 14h15 CAF TRAINING Marie Salle Fitness | 13h30 - 14h15 CAF TRAINING Marie Salle Fitness | 13h30 - 14h15 HIT CARDIO Marie Salle Fitness | 12h15 - 13h15 POWER SCULPT Momo Salle Fitness | 12h15 - 13h15 POWER SCULPT Mounir Salle Fitness |
| 14h30 - 16h00 YOGA HATHA Sophie Salle Fitness | 14h00 - 15h00 PORT DE BRAS Victoria Vordobova Salle Fitness | 14h00 - 15h00 ARDOIS DE GASQUET Julia Borovkov Salle Fitness | 14h00 - 15h00 ZUMBA Ricco Salle Fitness | 14h00 - 15h00 HIT CARDIO Mounir Salle Fitness | 13h15 - 14h00 HIT CARDIO Mounir Salle Fitness | 13h15 - 14h00 TRX (réservation) Mounir Salle TRX |
| | | 16h00 - 17h00 ZUMBA Ricco Salle Fitness | | | 14h00 - 14h45 TRX (réservation) Mounir Salle TRX | 13h15 - 14h00 PILATES Caroline Monica Salle Fitness |
| | | 17h30 - 18h30 HATHA YOGA Carlotta Salle Fitness | | | 15h00 - 15h45 MOVIE DANCE Koenia Salle Fitness | 15h00 - 16h00 ZUMBA Ricco Salle Fitness |
| 18h30 - 19h30 TRX (réservation) Mounir Salle Fitness | 18h30-19h30 YOGA VINAYASA Stephanie Salle TRX | 18h30 - 19h30 HIT CARDIO Carlotta Salle TRX | 18h30 - 19h30 POWER SCULPT Mounir Salle Fitness | 18h30-19h30 HIT CARDIO Momo Salle Fitness | 15h45 - 16h30 CAF TRAINING Koenia Salle Fitness | 16h00-17h00 DANSE DE COUPLE Payant - Valentin Salle Fitness |
| 19h30-20h15 HIT CARDIO Mounir Salle Fitness | 19h30 - 20h15 MOVIE DANCE Stephanie Salle Fitness | 19h30-20h15 TRX (réservation) Carlotta Salle TRX | 19h30 - 20h15 YOGA ASHTANGA Lionel Salle TRX | 19h30 - 20h15 TRX (réservation) Momo Salle TRX | 19h30 - 20h15 TRX (réservation) Mounir Tente de Cross Training | |
| | | | 19h30 - 20h15 MOVIE DANCE Koenia Salle Fitness | | | |
| ESPACE AQUATIQUE | | | | | | |
| | | 09h15-10h00 AQUA-PALME | | | | |
| 10h15-11h00 AQUA-FITNESS | 10h15-11h00 AQUA-FITNESS | 10h15-11h00 AQUA-FITNESS | 10h15-11h00 AQUA-FITNESS | 10h15-11h00 AQUA-FITNESS | | |
| 11h15-12h00 AQUA-FITNESS | 11h15-12h00 AQUA-FITNESS | | 11h15-12h00 AQUA-FITNESS | 11h15-12h00 AQUA-FITNESS | | |
| | | 19h15-20h00 AQUA-PALME | | | | |