



PLANNING FITNESS du 25 au 31 Octobre

LUNDI 25	MARDI 26	MERCREDI 27	JEUDI 28	VENDEDI 29	SAMEDI 30	DIMANCHE 31
FITNESS						
						9h30 - 10h30 CROSS TRAINING Paul Tente de Cross Training
10h15-11h00 GYM STICK Max Salle Fitness	10h15-11h00 PLATES Paul Salle Fitness	10h15-11h00 CAF TRAINING Max Salle Fitness	10h15-11h00 TRX (réservation) Marie.C Salle TRX	10h15-11h00 TRX (réservation) Marie.C Salle TRX	10h00 - 11h30 YOGA HATHA Sophie Etage Manoir	10h00 - 11h30 YOGA HATHA Sophie Etage Manoir
11h00-11h45 STRETCHING Max Salle Fitness	11h00-11h45 HIIT CARDIO Paul Salle Fitness	11h00-11h45 GYM STICK Max Salle Fitness	11h00-11h45 MOVIE DANCE Marie C Salle Fitness	11h00-11h45 STRETCHING Fabian Salle Fitness	10h30 - 11h30 HIIT CARDIO Momo Salle Fitness	10h30 - 11h30 HIIT CARDIO Marie C Salle Fitness
11h45-12h30 PLATES Brigitte Salle Fitness	11h45-12h30 STRETCHING Paul Salle Fitness	11h45-12h30 TRX (réservation) Carlotta Salle TRX	11h45-12h30 STRETCHING Marie C Salle Fitness	11h45-12h30 CAF TRAINING Fabian Salle Fitness	11h00 - 12h00 TRX (réservation) Mounir Salle TRX	11h00 - 12h00 TRX (réservation) Mounir Salle TRX
12h30 - 13h30 YOGA HATHA Brigitte Salle Fitness	12h30 - 13h30 POWER SCULPT Paul Salle Fitness	12h30 - 13h30 PLATES Carlotta Salle Fitness	12h30 - 13h30 HIIT CARDIO Fabian Salle Fitness	12h30 - 13h30 HIIT CARDIO Fabian Etage Manoir	11h30 - 13h00 YOGA HATHA Sophie Etage Manoir	11h30 - 13h00 YOGA HATHA Sophie Etage Manoir
	13h30 - 14h15 STRETCHING Paul Salle Fitness	14h00 - 15h00 PORT DE BRAS Sylvie Salle Fitness	13h30 - 14h15 CAF TRAINING Fabian Salle Fitness	13h30 - 14h15 CAF TRAINING Fabian Salle Fitness	11h30 - 12h15 STRETCHING Momo Salle Fitness	11h30 - 12h15 STRETCHING Marie C Salle Fitness
	14h30 - 16h00 YOGA HATHA Sophie Salle Fitness	14h00 - 15h00 PORT DE BRAS Sylvie Salle Fitness			12h15 - 13h15 POWER SCULPT Momo Salle Fitness	12h15 - 13h15 POWER SCULPT Mounir Salle TRX
		15h00 - 16h00 ABDOS DE GASQUET Sylvie Salle Fitness			13h15 - 14h00 HIIT CARDIO Mounir Salle Fitness	13h15 - 14h15 TRX (réservation) Mounir Salle TRX
		16h00 - 17h00 ZUMBA Rico Salle Fitness			14h00 - 14h45 TRX (réservation) Mounir Salle TRX	13h15 - 14h00 PLATES Caroline Monica Salle Fitness
18h30 - 19h30 TRX (réservation) Mounir Salle Fitness	18h30 - 19h30 TRX (réservation) Mounir Salle Fitness	17h30 - 18h30 HATHA YOGA Carlotta Salle Fitness	18h30 - 19h30 POWER SCULPT Mounir Salle Fitness	18h30 - 19h30 HIIT CARDIO Momo Salle Fitness	15h00-16h30 YOGA ASHTANGA Payant - Lionel Salle TRX	14h00 - 15h00 MOVIE DANCE Caroline Monica Salle Fitness
18h30 - 19h30 CROSS TRAINING Paul Tente de Cross Training	18h30 - 19h30 YOGA VINYASA Stephanie Salle TRX	19h30 - 20h15 MOVIE DANCE Stephanie Salle Fitness	18h30 - 20h00 YOGA ASHTANGA Lionel Salle TRX	19h30 - 20h15 TRX (réservation) Momo Salle TRX	15h45 - 16h45 MOVIE DANCE Koenia Salle Fitness	15h00 - 16h00 ZUMBA Rico Salle Fitness
19h30 - 20h15 HIIT CARDIO Mounir Salle Fitness	19h30 - 20h15 MOVIE DANCE Stephanie Salle Fitness	19h30 - 20h15 TRX (réservation) Mounir Salle TRX	19h30 - 20h00 YOGA ASHTANGA Lionel Salle TRX	19h30 - 20h15 MOVIE DANCE Koenia Salle Fitness	15h45 - 16h45 CAF TRAINING Mounir Tente de Cross Training	15h00 - 16h00 CROSS TRAINING Mounir Tente de Cross Training
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				