



# PLANNING FITNESS 4 au 10 Octobre

LUNDI 4	MARDI 5	MERCREDI 6	JEUDI 7	VENREDI 8	SAMEDI 9	DIMANCHE 10
<b>FITNESS</b>						
	08h00-09h30 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		9h30 - 10h30 CROSS TRAINING Paul Tente de Cross Training
10h15-11h00 GYM STCK Max Salle Fitness	10h15-11h00 PILETES Marie C Salle Fitness	10h15-11h00 CAP TRAINING Marie C Salle Fitness	10h15-11h00 TRX (réservation) Marie.C Salle TRX	10h15-11h00 CAP 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 STCK Max Salle Fitness	11h00-11h45 MOUV DANCE Marie C Salle Fitness	11h00-11h45 STRETCHING Marilène Salle Fitness	10h30-11h30 HIT CARDIO Momo Salle Fitness	10h30-11h30 HIT CARDIO Marie C Salle Fitness
11h45-12h30 PILETES 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	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 Marie A Salle Fitness	12h30-13h30 PILETES Valentin Salle Fitness	12h30-13h30 HIT CARDIO Marie A Salle Fitness	12h30-13h30 FIT BALANCE Marilène Salle Fitness	11h30-13h00 YOGA HATHA Sophie Etage Manoir	11h30-13h00 YOGA HATHA Sophie Etage Manoir
	13h30-14h15 STRETCHING Marie A Salle Fitness		13h30-14h15 CAP TRAINING Marie C 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 Fitness
		15h00-16h00 ABDOS DE GASQUET Sylvie Salle Fitness			13h15-14h00 HIT CARDIO Mounir Salle Fitness	13h15-14h15 TRX (réservation) Mounir Salle TRX
		16h00-17h00 ZUMBA Ricco Salle Fitness			14h00-14h45 TRX (réservation) Stephanie Salle TRX	13h15-14h00 STRETCHING Stephanie Salle Fitness
		17h30-18h30 HATHA YOGA Carlotta Salle Fitness			15h00-16h30 YOGA ASHTANGA Payant - Lionel Salle TRX	14h00-15h00 MOUV DANCE Stephanie Salle Fitness
18h30-19h30 TRX (réservation) Mounir Salle Fitness	18h30-19h30 YOGA VINYASA Stephanie Salle TRX	18h30-19h30 HIT CARDIO Carlotta Salle Fitness	18h30-19h30 POWER SCULPT Mounir Salle Fitness	18h30-19h30 HIT CARDIO Momo Salle Fitness	15h00-15h45 MOUV DANCE Ksenia Salle Fitness	15h00-16h00 ZUMBA Ricco Salle Fitness
18h30-19h30 CROSS TRAINING Paul Tente de Cross Training	19h30-20h15 MOUV DANCE Stephanie Salle Fitness	19h30-20h15 TRX (réservation) Carlotta Salle TRX	18h30-20h00 YOGA ASHTANGA Lionel Salle TRX	19h30-20h15 TRX (réservation) Momo Salle TRX	15h45-16h30 CAP TRAINING Ksenia Salle Fitness	15h00-16h00 CROSS TRAINING Mounir Tente de Cross Training
19h30-20h15 HIT CARDIO Mounir Salle Fitness			19h30-20h15 MOUV DANCE Ksenia Salle Fitness		15h45-16h45 CROSS TRAINING Mounir Tente de Cross Training	16h00-17h00 DANSE DE COUPLE Payant - Valentin Salle Fitness
						16h00-17h30 YOGA ASHTANGA Payant - Lionel Salle TRX

## 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				