



# PLANNING FITNESS du 22 au 28 Novembre

| LUNDI 22  | MARDI 23  | MERCREDI 24  | JEUDI 25  | VENREDI 26   | SAMEDI 27  | DIMANCHE 28  |
|---|---|--|---|--|--|--|
| <b>FITNESS</b>  |   |  |   |  |  |  |
|   | 08h00-09h30<br>YOGA ASHTANGA<br>Lionel<br>Salle TRX       |  |   |  |  |  |
| 09h30-10h15<br>POSTURAL SCULPT<br>Max<br>Salle Fitness        | 09h30-10h15<br>POWER SCULPT<br>Marie C<br>Salle Fitness   | 09h30-10h15<br>TRX (réservation)<br>Max<br>Salle TRX         | 09h30-10h15<br>HIT CARDIO<br>Marie C<br>Salle Fitness     | 09h30-10h15<br>TRX (réservation)<br>Marie C<br>Salle TRX |  | 09h30 - 10h30<br>CROSS TRAINING<br>Paul<br>Tente de Cross Training   |
| 10h15-11h00<br>GYM STICK<br>Max<br>Salle Fitness              | 10h15-11h00<br>PILATES<br>Marie C<br>Salle Fitness        | 10h15-11h00<br>CAF TRAINING<br>Max<br>Salle Fitness          | 10h15-11h00<br>TRX (réservation)<br>Marie C<br>Salle TRX  | 10h15-11h00<br>CAF TRAINING<br>Marie C<br>Salle Fitness  | 10h00 - 11h30<br>YOGA HATHA<br>Sophie<br>Etage Manoir                | 10h00 - 11h30<br>YOGA HATHA<br>Sophie<br>Etage Manoir                |
| 11h00-11h45<br>STRETCHING<br>Max<br>Salle Fitness             | 11h00-11h45<br>HIT CARDIO<br>Marie C<br>Salle Fitness     | 11h00-11h45<br>GYM STICK<br>Max<br>Salle Fitness             | 11h00-11h45<br>MOUV DANCE<br>Marie C<br>Salle Fitness     | 11h00-11h45<br>STRETCHING<br>Marlène<br>Salle Fitness    | 10h30 - 11h30<br>HIT CARDIO<br>Momo<br>Salle Fitness                 | 10h30 - 11h30<br>HIT CARDIO<br>Marie C<br>Salle Fitness              |
| 11h45-12h30<br>PILATES<br>Brigitte<br>Salle Fitness           | 11h45-12h30<br>FIT BALANCE<br>Marie C<br>Salle Fitness    | 11h45-12h30<br>TRX (réservation) Carlotta<br>Salle TRX       | 11h45-12h30<br>STRETCHING<br>Marie C<br>Salle Fitness     | 11h45-12h30<br>POSTURAL SCULPT<br>Marlène<br>Salle TRX   | 11h00 - 12h00<br>TRX (réservation)<br>Mounir<br>Salle TRX            | 11h00 - 12h00<br>TRX (réservation)<br>Mounir<br>Salle TRX            |
| 12h30 - 13h30<br>YOGA HATHA<br>Brigitte<br>Salle Fitness      | 12h30 - 13h30<br>POWER SCULPT<br>Marie A<br>Salle Fitness | 12h30 - 13h30<br>PILATES<br>Carlotta<br>Salle Fitness        | 12h30 - 13h30<br>HIT CARDIO<br>Marie A<br>Salle Fitness   | 12h30 - 13h30<br>FIT BALANCE<br>Marlène<br>Salle Fitness | 11h30 - 13h00<br>YOGA HATHA<br>Sophie<br>Etage Manoir                | 11h30 - 13h00<br>YOGA HATHA<br>Sophie<br>Etage Manoir                |
|   | 13h30 - 14h15<br>STRETCHING<br>Marie A<br>Salle Fitness   |  | 13h30 - 14h15<br>CAF TRAINING<br>Marie A<br>Salle Fitness |  | 11h30 - 12h15<br>STRETCHING<br>Momo<br>Salle Fitness                 | 11h30 - 12h15<br>STRETCHING<br>Marie C<br>Salle Fitness              |
|   | 14h30 - 16h00<br>YOGA HATHA<br>Sophie<br>Salle Fitness    | 14h00 - 15h00<br>PORT DE BRAS<br>Sylvie<br>Salle Fitness     |   |  | 12h15 - 13h15<br>POWER SCULPT<br>Momo<br>Salle Fitness               | 12h15-13h15<br>POWER SCULPT<br>Mounir<br>Salle Fitness               |
|   |   | 15h00 - 16h00<br>ARBOS DE GASQUET<br>Sylvie<br>Salle Fitness |   |  | 13h15 - 14h00<br>HIT CARDIO<br>Mounir<br>Salle Fitness               | 13h15 - 14h15<br>TRX (réservation)<br>Mounir<br>Salle TRX            |
|   |   | 16h00 - 17h00<br>ZUMBA<br>Ricco<br>Salle Fitness             |   |  | 14h00 - 14h45<br>TRX (réservation)<br>Mounir<br>Salle TRX            | 13h15 - 14h00<br>PILATES<br>Caroline Monica<br>Salle Fitness         |
|   |   | 17h30-18h30<br>HATHA YOGA<br>Carlotta<br>Salle Fitness       |   |  | 15h00-16h30<br>YOGA ASHTANGA<br>Payant - Lionel<br>Salle TRX         | 14h00 - 15h00<br>MOUV DANCE<br>Caroline Monica<br>Salle Fitness      |
| 18h30 - 19h30<br>TRX (réservation)<br>Mounir<br>Salle Fitness | 18h30-19h30<br>YOGA VINAYASA<br>Stephanie<br>Salle TRX    | 18h30 - 19h30<br>HIT CARDIO<br>Mounir<br>Salle Fitness       | 18h30 - 19h30<br>POWER SCULPT<br>Mounir<br>Salle Fitness  | 18h30 - 19h30<br>HIT CARDIO<br>Momo<br>Salle Fitness     | 15h00 - 15h45<br>MOUV DANCE<br>Kzenia<br>Salle Fitness               | 15h00-16h00<br>ZUMBA<br>Ricco<br>Salle Fitness                       |
| 19h30-20h15<br>HIT CARDIO<br>Mounir<br>Salle Fitness          | 19h30 - 20h15<br>MOUV DANCE<br>Stephanie<br>Salle Fitness | 19h30-20h15<br>TRX (réservation)<br>Mounir<br>Salle TRX      | 18h30 - 20h00<br>YOGA ASHTANGA<br>Lionel<br>Salle TRX     | 19h30 - 20h15<br>TRX (réservation)<br>Momo<br>Salle TRX  | 15h45 - 16h30<br>CAF TRAINING<br>Kzenia<br>Salle Fitness             | 15h00 - 16h00<br>CROSS TRAINING<br>Mounir<br>Tente de Cross Training |
|   |   |  | 19h30 - 20h15<br>MOUV DANCE<br>Kzenia<br>Salle Fitness    |  | 15h45 - 16h45<br>CROSS TRAINING<br>Mounir<br>Tente de Cross Training | 16h00-17h30<br>YOGA ASHTANGA<br>Payant - Lionel<br>Salle TRX         |
| <b>ESPACE AQUATIQUE</b>                                       |   |  |   |  |  |  |
|   |   | 09h15-10h00<br>AQUA-PALME                                    |   |  |  |  |
| 10h15-11h00<br>AQUA-FITNESS                                   | 10h15-11h00<br>AQUA-FITNESS                               | 10h15-11h00<br>AQUA-FITNESS                                  | 10h15-11h00<br>AQUA-FITNESS                               | 10h15-11h00<br>AQUA-FITNESS                              |  |  |
| 11h15-12h00<br>AQUA-FITNESS                                   | 11h15-12h00<br>AQUA-FITNESS                               |  | 11h15-12h00<br>AQUA-FITNESS                               | 11h15-12h00<br>AQUA-FITNESS                              |  |  |
|   |   | 19h15-20h00<br>AQUA-PALME                                    |   |  |  |  |