



# PLANNING FITNESS du 23 au 29 Mai

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<b>FITNESS</b>						
	08h00-09h30 YOGA ASHTANGA Lionel Salle TRX					
09h30-10h15 POSTURAL SCULPT Max Salle Fitness	09h30-10h15 POWER SCULPT Olessya Salle Fitness	09h30-10h15 TRX (réservation) Marie C Salle TRX	09h30-10h15 HIIT CARDIO Marie.C Salle Fitness	09h30-10h15 TRX (réservation) Marie.C Salle TRX		09h30 - 10h30 CROSS TRAINING Laure Tente de Cross Training
10h15-11h00 GYM STICK Max Salle Fitness	10h15-11h00 PILATES FLOW Olessya Salle Fitness	10h15-11h00 CAF TRAINING Ksenia 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 DEEP CARDIO Olessya Salle Fitness	11h00-11h45 GYM STICK Marie C Salle Fitness	11h00-11h45 MOUV DANCE Marie C Salle Fitness	11h00-11h45 STRETCHING Marlène Salle Fitness	10h30 - 11h30 HIIT CARDIO Momo Salle Fitness	10h30 - 11h15 HIIT CARDIO Mounir Salle Fitness
11h45- 12h30 PILATES Brigitte Salle Fitness	11h45- 12h30 FIT BALANCE Olessya Salle Fitness	11h45-12h30 TRX (réservation) Marie C Salle TRX	11h45- 12h30 STRETCHING Marie C Salle Fitness	11h45- 12h30 POSTURAL SCULPT Marlène Salle Fitness	11h30 - 13h00 YOGA HATHA Sophie Etage Manoir	11h15 - 12h15 TRX (réservation) Mounir Salle TRX
12h30 - 13h30 YOGA HATHA Brigitte Salle Fitness	12h30 - 13h30 POWER SCULPT Marie A Salle Fitness	12h30 - 13h30 PILATES Sylvie Salle Fitness	12h30 - 13h30 POWER SCULPT Marie A Salle Fitness	12h30 - 13h30 FIT BALANCE Marlène Salle Fitness		11h30 - 13h00 YOGA HATHA Sophie Etage Manoir
	13h30 - 14h15 STRETCHING Marie A Salle Fitness		13h30 - 14h15 STRETCHING Marie A Salle Fitness		11h30 - 12h15 STRETCHING Momo Salle Fitness	11h15 - 12h00 STRETCHING Marie C Salle Fitness
	14h30 - 16h00 YOGA HATHA Sophie Salle Fitness	14h00 - 15h00 PORT DE BRAS Sylvie Salle Fitness	14h00 - 15h30 YOGA HATHA Sophie Etage Manoir		12h15 - 13h15 POWER SCULPT Momo Salle Fitness	12h15-13h15 POWER SCULPT Mounir Salle Fitness
		15h00 - 16h00 ABDOS DE GASQUET Sylvie Salle Fitness			14h00 - 14h45 TRX (réservation) Mounir Salle TRX	13h15 - 14h15 TRX (réservation) Mounir Salle TRX
		16h00 - 17h00 ZUMBA Ricco Salle Fitness			15h00 - 15h45 MOUV DANCE Ksenia Salle Fitness	13h15 - 14h00 PILATES Ksenia Salle Fitness
					15h45 - 16h30 STRETCHING Ksenia Salle Fitness	14h00 - 15h00 MOUV DANCE Ksenia Salle Fitness
18h30 -19h30 TRX (réservation) Mounir Salle Fitness	18h30 - 19h30 CAF TRAINING Myriam Salle Fitness	18h30 - 19h30 CROSS TRAINING Mounir Salle Fitness	18h30-19h30 MOUV DANCE Ksenia Salle Fitness	18h30- 19h30 HIIT CARDIO Momo Salle Fitness	15h45 - 16h45 CROSS TRAINING Mounir Tente de Cross Training	15h00-16h00 ZUMBA Ricco Salle Fitness
19h30 -20h15 HIIT CARDIO Mounir Salle Fitness	19h30 - 20h15 ZUMBA Myriam Salle Fitness	19h30- 20h15 TRX (réservation) Mounir Salle TRX		19h30- 20h15 STRETCHING Momo Salle Fitness		15h00 - 16h00 CROSS TRAINING Mounir Tente de Cross Training
<b>ESPACE AQUATIQUE</b>						
		09h15-10h00 AQUA-PALME				
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		
		19h15-20h00 AQUA-PALME				