



# PLANNING FITNESS du 20 au 26 juin

LUNDI 20	MARDI 21	MERCREDI 22	JEUDI 23	VENREDI 24	SAMEDI 25	DIMANCHE 26
<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) Olessya Salle TRX	09h30-10h15 HIIT CARDIO Ksenia Salle Fitness	09h30-10h15 TRX (réservation) Gregory 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 Olessya Salle Fitness	10h15-11h00 TRX (réservation) Ksenia Salle TRX	10h15-11h00 CAF TRAINING Gregory Salle Fitness	10h00 - 11h30 YOGA HATHA Sophie Etagé Manoir	10h00 - 11h30 YOGA HATHA Sophie Etagé Manoir
11h00-11h45 STRETCHING Max Salle Fitness	11h00-11h45 DEEP CARDIO Olessya Salle Fitness	11h00-11h45 GYM STICK Olessya Salle Fitness	11h00-11h45 MOUV DANCE Ksenia Salle Fitness	11h00-11h45 STRETCHING Marlène Salle Fitness	10h30 - 11h30 HIIT CARDIO Momo Salle Fitness	10h30 - 11h15 HIIT CARDIO Ksenia Salle Fitness
11h45- 12h30 PILATES Brigitte Salle Fitness	11h45- 12h30 FIT BALANCE Olessya Salle Fitness	11h45-12h30 TRX (réservation) Olessya Salle TRX	11h45- 12h30 STRETCHING Marie A Salle Fitness	11h45- 12h30 POSTURAL SCULPT Marlène Salle Fitness	11h30 - 13h00 YOGA HATHA Sophie Etagé Manoir	11h15 - 12h15 TRX (réservation) Ksenia 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 Etagé Manoir
	13h30 - 14h15 STRETCHING Marie A Salle Fitness		13h30 - 14h15 STRETCHING Marie A Salle Fitness		11h30 - 12h15 STRETCHING Momo Salle Fitness	11h15 - 12h00 STRETCHING Abraham Salle Fitness
	14h30 - 16h00 YOGA HATHA Sophie Salle Fitness	14h00 - 15h00 PORT DE BRAS Sylvie Salle Fitness			12h15 - 13h15 POWER SCULPT Momo Salle Fitness	12h30-13h30 POWER SCULPT Laura Salle Fitness
		15h00 - 16h00 ABDOS DE GASQUET Sylvie Salle Fitness			14h00 - 14h45 TRX (réservation) Myriam Salle TRX	13h15- 14h15 TRX (réservation) Lionel Salle TRX
		16h00 - 17H00 ZUMBA Ricco Salle Fitness			15h00-16h30 YOGA ASHTANGA Payant - Lionel Salle TRX	13h30 - 14h15 PILATES Laura Salle Fitness
					15h00 - 15h45 ZUMBA Myriam Salle Fitness	14h15 - 15h00 MOUV DANCE Laura Salle Fitness
18h30 -19h30 TRX (réservation) Lionel Salle Fitness	18h30 - 19h30 CAF TRAINING Myriam Salle Fitness	18h30 - 19h30 CROSS TRAINING Ksenia Tente Cross training	18h30 - 20h00 YOGA ASHTANGA Lionel Salle TRX	18h30- 19h30 HIIT CARDIO Momo Salle Fitness	15h45 - 16h30 STRETCHING Myriam Salle Fitness	15h00-16h00 ZUMBA Ricco Salle Fitness
19h30 -20h15 HIIT CARDIO Lionel Salle Fitness	19h30 - 20h15 ZUMBA Myriam Salle Fitness	19h30 - 20h15 TRX (réservation) Ksenia Salle TRX	18h30 - 19h30 POSTURAL SCULPT Ksenia Salle fitness	19h30- 20h15 STRETCHING Momo Salle Fitness	15h45 - 16h45 CROSS TRAINING Abraham Tente de Cross Training	15h00 - 16h00 CROSS TRAINING Abraham Tente de Cross Training
			19h30 - 20h15 MOUV DANCE Ksenia Salle Fitness			16H00- 17h30 YOGA ASHTANGA Payant - Lionel Salle TRX
<b>ESPACE AQUATIQUE</b>						
		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		
		19h30-20h15 AQUA-PALME				

- cours de renforcement
- cours cardio
- cours wellness
- cours dansés