



# PLANNING FITNESS du 1 au 7 Aout

LUNDI 1	MARDI 2	MERCREDI 3	JEUDI 4	VENREDI 5	SAMEDI 6	DIMANCHE 7
<b>FITNESS</b>						
10h15-11h00 <b>GYM STICK</b> Ksenia Salle Fitness	10h15-11h00 <b>PILATES FLOW</b> Olessya Salle Fitness	10h15-11h00 <b>CAF TRAINING</b> Marie C Salle Fitness	10h15-11h00 <b>TRX (réservation)</b> Marie.C Salle TRX	10h15-11h00 <b>CAF TRAINING</b> Olessya Salle Fitness		
11h00-11h45 <b>STRETCHING</b> Brigitte Salle Fitness	11h00-11h45 <b>DEEP CARDIO</b> Olessya Salle Fitness	11h00-11h45 <b>GYM STICK</b> Marie C Salle Fitness	11h00-11h45 <b>MOUV DANCE</b> Marie C Salle Fitness	11h00-11h45 <b>STRETCHING</b> Olessya Salle Fitness	10h30 - 11h30 <b>HIIT CARDIO</b> Momo Salle Fitness	10h30 - 11h15 <b>HIIT CARDIO</b> Ksenia Salle Fitness
11h45- 12h30 <b>PILATES</b> Brigitte Salle Fitness	11h45- 12h30 <b>FIT BALANCE</b> Olessya Salle Fitness	11h45-12h30 <b>TRX (réservation)</b> Marie C Salle TRX	11h45- 12h30 <b>STRETCHING</b> Marie C Salle Fitness	11h45- 12h30 <b>POSTURAL SCULPT</b> Olessya Salle Fitness	10h30 - 12h00 <b>YOGA HATHA</b> Sophie Etage Manoir	11h15 - 12h15 <b>TRX (réservation)</b> Ksenia Salle TRX
						10h30 - 12h00 <b>YOGA HATHA</b> Sophie Etage Manoir
					11h30 - 12h15 <b>STRETCHING</b> Momo Salle Fitness	11h15 - 12h00 <b>STRETCHING</b> Marie C Salle Fitness
	14h30 - 16h00 <b>YOGA HATHA</b> Sophie Pelouse Manoir				12h15 - 13h15 <b>POWER SCULPT</b> Momo Salle Fitness	12h30-13h30 <b>POWER SCULPT</b> Laura Salle Fitness
					14h00 - 14h45 <b>TRX (réservation)</b> Ksenia Salle TRX	13h30 - 14h15 <b>PILATES</b> Laura Salle Fitness
					15h00 - 15h45 <b>MOUV DANCE</b> Ksenia Salle Fitness	14h30-15h30 <b>ZUMBA</b> Laura Salle Fitness
					15h45 - 16h30 <b>STRETCHING</b> Ksenia Salle Fitness	15h00 - 16h00 <b>CROSS TRAINING</b> Anton Tente de Cross Training
18h30 -19h30 <b>TRX (réservation)</b> Ksenia Salle Fitness	18h30 - 19h30 <b>CAF TRAINING</b> Joannice Salle Fitness	18h30 - 19h30 <b>CROSS TRAINING</b> Ludovic Tente Cross Training	18h30 - 19h30 <b>POSTURAL SCULPT</b> Ksenia Salle fitness	18h30- 19h30 <b>HIIT CARDIO</b> Momo Salle Fitness	15h45 - 16h45 <b>CROSS TRAINING</b> Anton Tente de Cross Training	
19h30 -20h15 <b>HIIT CARDIO</b> Ksenia Salle Fitness	19h30 -20h15 <b>HIIT CARDIO</b> Joannice Salle Fitness	19h30- 20h15 <b>TRX (réservation)</b> Ludovic Salle TRX	19h30 - 20h15 <b>MOUV DANCE</b> Ksenia Salle Fitness	19h30- 20h15 <b>STRETCHING</b> Momo Salle Fitness		
<b>ESPACE AQUATIQUE</b>						
11h00-12h00 <b>AQUA-FITNESS</b>	11h00-12h00 <b>AQUA-FITNESS</b>		11h00-12h00 <b>AQUA-FITNESS</b>			

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