



PLANNING FITNESS du 8 au 14 Aout

LUNDI 8	MARDI 9	MERCREDI 10	JEUDI 11	VENDREDI 12	SAMEDI 13	DIMANCHE 14
FITNESS						
10h15-11h00 GYM STICK Ksenia Salle Fitness	10h15-11h00 PILATES FLOW Olessya Salle Fitness	10h15-11h00 CAF TRAINING Marie C Salle Fitness	10h15-11h00 TRX (réservation) Marie.C Salle TRX	10h15-11h00 CAF TRAINING Olessya Salle Fitness		
11h00-11h45 STRETCHING Isabelle 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 Olessya Salle Fitness	10h30 - 11h30 HIIT CARDIO Olessya Salle Fitness	10h30 - 11h15 HIIT CARDIO Olessya Salle Fitness
11h45- 12h30 YOGA HATHA Isabelle 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 Olessya Salle Fitness	10h30 - 12h00 YOGA HATHA Sophie Etage Manoir	11h15 - 12h15 TRX (réservation) Olessya Salle TRX
						10h30 - 12h00 YOGA HATHA Sophie Etage Manoir
					11h30 - 12h15 STRETCHING Olessya Salle Fitness	11h15 - 12h00 STRETCHING Olessya Salle Fitness
	14h30 - 16h00 YOGA HATHA Sophie Pelouse Manoir				12h15 - 13h15 POWER SCULPT Olessya Salle Fitness	12h30-13h30 POWER SCULPT Laura Salle Fitness
					14h00 - 14h45 TRX (réservation) Ksenia Salle TRX	13h30 - 14h15 PILATES Laura Salle Fitness
					15h00-16h30 YOGA ASHTANGA Payant - Lionel Salle TRX	14h30-15h30 ZUMBA Laura Salle Fitness
					15h00 - 15h45 MOUV DANCE Ksenia Salle Fitness	
18h30 - 19h30 TRX (réservation) Gregory Salle Fitness	18h30 - 19h30 CAF TRAINING Joannice Salle Fitness	18h30 - 19h30 CROSS TRAINING Ksenia Tente CrossTraining	18h30 - 20h00 YOGA ASHTANGA Lionel Salle TRX	18h30- 19h30 HIIT CARDIO Momo Salle Fitness	15h45 - 16h30 STRETCHING Ksenia Salle Fitness	16H00- 17h30 YOGA ASHTANGA Payant - Lionel Salle TRX
19h30 -20h15 HIIT CARDIO Gregory Salle Fitness	19h30 -20h15 HIIT CARDIO Joannice 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 Anton Tente de Cross Training	
			19h30 - 20h15 MOUV DANCE Ksenia Salle Fitness			
ESPACE AQUATIQUE						
11h00-12h00 AQUA-FITNESS	11h00-12h00 AQUA-FITNESS		11h00-12h00 AQUA-FITNESS			

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