



PLANNING FITNESS du 15 au 21 Aout

LUNDI 15	MARDI 16	MERCREDI 17	JEUDI 18	VENDREDI 19	SAMEDI 20	DIMANCHE 21
FITNESS						
	08h00-09h30 YOGA ASHTANGA Lionel Salle TRX					
10h15-11h00 GYM STICK Olessya Salle Fitness	10h15-11h00 PILATES FLOW Olessya Salle Fitness	10h15-11h00 CAF TRAINING Olessya Salle Fitness	10h15-11h00 TRX (réservation) Joannice Salle TRX	10h15-11h00 CAF TRAINING Marlène Salle Fitness		
11h00-11h45 STRETCHING Olessya Salle Fitness	11h00-11h45 DEEP CARDIO Olessya Salle Fitness	11h00-11h45 GYM STICK Olessya Salle Fitness	11h00-11h45 HIIT CARDIO Joannice Salle Fitness	11h00-11h45 STRETCHING Marlène Salle Fitness	10h30 - 11h30 HIIT CARDIO Olessya Salle Fitness	10h30 - 11h15 HIIT CARDIO Olessya Salle Fitness
11h45- 12h30 PILATES Olessya Salle Fitness	11h45- 12h30 FIT BALANCE Olessya Salle Fitness	11h45-12h30 TRX (réservation) Olessya Salle TRX	11h45- 12h30 STRETCHING Joannice Salle Fitness	11h45- 12h30 POSTURAL SCULPT Marlène Salle Fitness	11h30 - 13h00 YOGA HATHA Sophie Etagé Manoir	11h15 - 12h15 TRX (réservation) Olessya Salle TRX
					11h30 - 12h15 STRETCHING Olessya Salle Fitness	11h30 - 13h00 YOGA HATHA Sophie Etagé Manoir
					12h15 - 13h15 POWER SCULPT Olessya Salle Fitness	11h15 - 12h00 STRETCHING Abraham Salle Fitness
14h30 - 16h00 YOGA HATHA Sophie Salle Fitness	14h30 - 16h00 YOGA HATHA Sophie Salle Fitness				14h00 - 14h45 TRX (réservation) Ksenia Salle TRX	12h30-13h30 POWER SCULPT Laura Salle Fitness
16h-16h45 ZUMBA Laura Salle Fitness					15h00 - 15h45 MOUV DANCE Ksenia Salle Fitness	13h30 - 14h15 PILATES Laura Salle Fitness
					15h00 - 16h30 STRETCHING Ksenia Salle Fitness	14h30-15h30 ZUMBA Laura Salle Fitness
					15h45 - 16h45 CROSS TRAINING Abraham Tente de Cross Training	15h00 - 16h00 CROSS TRAINING Abraham Tente de Cross Training
	18h30 - 19h30 CAF TRAINING Joannice Salle Fitness	18h30 - 19h30 CROSS TRAINING Joannice Tente Cross training	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 Joannice Salle Fitness	19h30- 20h15 TRX (réservation) Joannice Salle TRX		19h30- 20h15 STRETCHING Momo Salle Fitness	15h45 - 16h45 CROSS TRAINING Abraham Tente de Cross Training	
ESPACE AQUATIQUE						
11h00-12h00 AQUA-FITNESS	11h00-12h00 AQUA-FITNESS		11h00-12h00 AQUA-FITNESS			

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