



# PLANNING FITNESS du 22 au 28 Aout

| LUNDI 22   | MARDI 23  | MERCREDI 24  | JEUDI 25   | VENDREDI 26  | SAMEDI 27  | DIMANCHE 28  |
|--|---|--|--|--|--|--|
| <b>FITNESS</b>   |   |  |  |  |  |  |
| 10h15-11h00<br><b>GYM STICK</b><br>Olessya<br>Salle Fitness              | 10h15-11h00<br><b>PILATES FLOW</b><br>Olessya<br>Salle Fitness    | 10h15-11h00<br><b>CAF TRAINING</b><br>Marie C<br>Salle Fitness   | 10h15-11h00<br><b>TRX (réservation)</b><br>Marie.C<br>Salle TRX    | 10h15-11h00<br><b>CAF TRAINING</b><br>Marie C<br>Salle Fitness     |  |  |
| 11h00-11h45<br><b>STRETCHING</b><br>Olessya<br>Salle Fitness             | 11h00-11h45<br><b>DEEP CARDIO</b><br>Olessya<br>Salle Fitness     | 11h00-11h45<br><b>GYM STICK</b><br>Marie C<br>Salle Fitness      | 11h00-11h45<br><b>MOUV DANCE</b><br>Marie C<br>Salle Fitness       | 11h00-11h45<br><b>STRETCHING</b><br>Marlène<br>Salle Fitness       | 10h30 - 11h30<br><b>HIIT CARDIO</b><br>Joannice<br>Salle Fitness             | 10h30 - 11h15<br><b>CARDIO BOX</b><br>Marie C<br>Salle Fitness               |
| 11h45- 12h30<br><b>PILATES</b><br>Olessya<br>Salle Fitness               | 11h45- 12h30<br><b>FIT BALANCE</b><br>Olessya<br>Salle Fitness    | 11h45-12h30<br><b>TRX (réservation)</b> Marie C<br>Salle TRX     | 11h45- 12h30<br><b>STRETCHING</b><br>Marie C<br>Salle Fitness      | 11h45- 12h30<br><b>POSTURAL SCULPT</b><br>Marlène<br>Salle Fitness | 10h30 - 12h00<br><b>YOGA HATHA</b><br>Sophie<br>Etagé Manoir                 | 11h15 - 12h15<br><b>TRX (réservation)</b><br>Marie C<br>Salle TRX            |
|  | 12h30 - 13h30<br><b>POWER SCULPT</b><br>Marie A<br>Salle Fitness  | 12h30 - 13h30<br><b>PILATES</b><br>Sylvie<br>Salle Fitness       | 12h30 - 13h30<br><b>POWER SCULPT</b><br>Marie A<br>Salle Fitness   |  |  | 10h30 - 12h00<br><b>YOGA HATHA</b><br>Sophie<br>Etagé Manoir                 |
|  | 13h30 - 14h15<br><b>STRETCHING</b><br>Marie A<br>Salle Fitness    |  | 13h30 - 14h15<br><b>STRETCHING</b><br>Marie A<br>Salle Fitness     |  | 11h30 - 12h15<br><b>STRETCHING</b><br>Joannice<br>Salle Fitness              | 11h15 - 12h00<br><b>STRETCHING</b><br>Abraham<br>Salle Fitness               |
|  | 14h30 - 16h00<br><b>YOGA HATHA</b><br>Sophie<br>Salle Fitness     |  |  |  | 12h15 - 13h15<br><b>POWER SCULPT</b><br>Myriam<br>Salle Fitness              | 12h30-13h30<br><b>POWER SCULPT</b><br>Ludovic<br>Salle Fitness               |
|  |   |  |  |  | 14h00 - 14h45<br><b>TRX (réservation)</b><br>Myriam<br>Salle TRX             | 13h30 - 14h15<br><b>PILATES</b><br>Ludovic<br>Salle Fitness                  |
|  |   |  |  |  | 15h00 - 15h45<br><b>ZUMBA</b><br>Myriam<br>Salle Fitness                     | 14h30-15h30<br><b>ZUMBA</b><br>Myriam<br>Salle Fitness                       |
|  |   |  |  |  | 15h45 - 16h30<br><b>STRETCHING</b><br>Abraham<br>Salle Fitness               | 15h30 - 16h30<br><b>CROSS TRAINING</b><br>Abraham<br>Tente de Cross Training |
| 18h30 -19h30<br><b>TRX YOGA (réservation)</b><br>Sylvie<br>Salle Fitness | 18h30 - 19h30<br><b>CAF TRAINING</b><br>Joannice<br>Salle Fitness | 18h30 - 19h30<br><b>CROSS TRAINING</b> Ludovic<br>Salle Fitness  | 18h30 - 19h30<br><b>POSTURAL SCULPT</b><br>Ksenia<br>Salle Fitness | 18h30- 19h30<br><b>HIIT CARDIO</b><br>Momo<br>Salle Fitness        | 16h45 - 17h45<br><b>CROSS TRAINING</b><br>Abraham<br>Tente de Cross Training |  |
| 19h30 -20h15<br><b>HIIT CARDIO</b><br>Sylvie<br>Salle Fitness            | 19h30 -20h15<br><b>HIIT CARDIO</b><br>Joannice<br>Salle Fitness   | 19h30- 20h15<br><b>TRX (réservation)</b><br>Ludovic<br>Salle TRX | 19h30 - 20h15<br><b>MOUV DANCE</b><br>Ksenia<br>Salle Fitness      | 19h30- 20h15<br><b>STRETCHING</b><br>Momo<br>Salle Fitness         |  |  |
| <b>ESPACE AQUATIQUE</b>  |   |  |  |  |  |  |
| 11h00-12h00<br><b>AQUA-FITNESS</b>                                       | 11h00-12h00<br><b>AQUA-FITNESS</b>                                |  | 11h00-12h00<br><b>AQUA-FITNESS</b>                                 |  |  |  |

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