



# PLANNING FITNESS du 29 Aout au 4 Septembre

LUNDI 29	MARDI 30	MERCREDI 31	JEUDI 1	VENREDI 2	SAMEDI 3	DIMANCHE 4
<b>FITNESS</b>						
10h15-11h00 CAF TRAINING Carlotta 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 Marie C Salle Fitness		
11h00-11h45 STRETCHING Carlotta 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 Marlène Salle Fitness	10h30 - 11h30 HIIT CARDIO Momo Salle Fitness	10h30 - 11h15 CARDIO BOX Marie C Salle Fitness
11h45- 12h30 PILATES Carlotta 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 Marlène Salle Fitness	10h30 - 12h00 YOGA HATHA Sophie Etage Manoir	11h15 - 12h15 TRX (réservation) Anton Salle TRX
	12h30 - 13h30 POWER SCULPT Marie A Salle Fitness	12h30 - 13h30 PILATES Sylvie Salle Fitness	12h30 - 13h30 POWER SCULPT Marie A Salle Fitness			10h30 - 12h00 YOGA HATHA Sophie Etage 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				12h15 - 13h15 POWER SCULPT Momo Salle Fitness	12h30-13h30 POWER SCULPT Ksenia Salle Fitness
					14h00 - 14h45 TRX (réservation) Ksenia Salle TRX	13h30 - 14h15 PILATES Ksenia Salle Fitness
					15h00-16h30 YOGA ASHTANGA Payant - Lionel Salle TRX	14h30-15h30 ZUMBA Ricco Salle Fitness
					15h00 - 15h45 MOUV DANCE Ksenia Salle Fitness	15h30 - 16h30 CROSS TRAINING Abraham Tente de Cross Training
18h30 -19h30 TRX (réservation) Ksenia Salle Fitness	18h30 - 19h30 CAF TRAINING Esma Salle Fitness	18h30 - 19h30 CROSS TRAINING Ludovic Salle Fitness	18h30 - 19h30 POSTURAL SCULPT Ksenia Salle Fitness	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 Ksenia Salle Fitness	19h30 - 20h15 ZUMBA Esma Salle Fitness	19h30- 20h15 TRX (réservation) Ludovic Salle TRX	19h30 - 20h15 MOUV DANCE Ksenia Salle Fitness	19h30- 20h15 STRETCHING Momo Salle Fitness	15h45 - 16h45 CROSS TRAINING Abraham Tente de Cross Training	
<b>ESPACE AQUATIQUE</b>						
11h00-12h00 AQUA-FITNESS	11h00-12h00 AQUA-FITNESS		11h00-12h00 AQUA-FITNESS			

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