



# PLANNING FITNESS du 21 au 27 Novembre

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<b>FITNESS</b>						
	08h00-09h30 YOGA ASHTANGA Lionel Salle TRX					
09h30-10h15 POSTURAL SCULPT Ksenia Salle Fitness	09h30-10h15 POWER SCULPT Olessya Salle Fitness	09h30-10h15 TRX (réservation) Joannice Salle TRX	09h30-10h15 CARDIO BOXING Marie.C Salle Fitness	09h30-10h15 TRX (réservation) Marie.C Salle TRX		
10h15-11h00 GYM STICK Ksenia Salle Fitness	10h15-11h00 PILATES FLOW Olessya Salle Fitness	10h15-11h00 CAF TRAINING Joannice Salle Fitness	10h15-11h00 TRX (réservation) Marie.C Salle TRX	10h15-11h00 CAF TRAINING Marie.C Salle Fitness	10h00 - 11h30 YOGA HATHA Sophie Etagé Manoir	10h00 - 11h30 YOGA HATHA Sophie Etagé Manoir
11h00-11h45 STRETCHING Ksenia Salle Fitness	11h00-11h45 DEEP CARDIO Olessya Salle Fitness	11h00-11h45 STRETCHING Joannice Salle Fitness	11h00-11h45 STRETCHING Marie C Salle Fitness	11h00-11h45 FIT BALANCE Marlène Salle Fitness	10h30 - 11h30 CARDIO TRAINING Momo Salle Fitness	10h30 - 11h15 CARDIO BOXING Marie C Salle Fitness
12h00- 12h45 PILATES Brigitte Salle Fitness	11h45- 12h30 FIT BALANCE Olessya Salle Fitness	12h00 - 13h00 TRX YOGA (réservation) Sylvie Salle TRX	11h45- 12h30 TRX (réservations) Marie C Salle Fitness	12h00- 12h45 POSTURAL SCULPT Marlène Salle Fitness	10h30 - 11h00 Master Class Nutrition Salle TRX	11h30 - 12h30 TRX (réservation) Anton Salle TRX
12h45 - 13h45 YOGA HATHA Brigitte Salle Fitness	12h30 - 13h30 POWER SCULPT Marie A Salle Fitness	13h00-14h00 PILATES DE GASQUET Sylvie Salle Fitness	12h30 - 13h30 POWER SCULPT Marie A Salle Fitness	12h45-13h45 STRETCHING Marlène Salle Fitness	11h00 - 12h00 TRX (réservation) Abraham Salle TRX	11h30 - 13h00 YOGA HATHA Sophie Etagé Manoir
	13h30 - 14h15 STRETCHING Marie A Salle Fitness	14h15-15h15 GYMSTICK Max Salle Fitness	13h30 - 14h15 STRETCHING Marie A Salle Fitness		11h30 - 13h00 YOGA HATHA Sophie Etagé Manoir	11h15 - 12h00 STRETCHING Marie C Salle Fitness
	14h30 - 16h00 YOGA HATHA Sophie Salle TRX				11h30 - 12h15 STRETCHING Momo Salle Fitness	12h30-13h30 POWER SCULPT Laura Salle Fitness
		16h00 - 17h00 ZUMBA Ricco Salle Fitness			12h15 - 13h15 CAF TRAINING Momo Salle Fitness	13h30- 14h15 TRX (réservation) Anton Salle TRX
					14h00 - 14h45 MOUV DANCE Ksenia Salle Fitness	13h30 - 14h30 PILATES Laura Salle Fitness
18h30- 19h30 CARDIO TRAINING Ksenia Salle Fitness	18h30- 19h30 CAF TRAINING Esmat Salle fitness	18h30 - 19h30 CROSS TRAINING Joannice Tente Cross Training	18h30-20h YOGA ASHTANGA Lionel Salle TRX	18h30- 19h30 CARDIO TRAINING Momo Salle Fitness	15h00 - 15h45 TRX (réservation) Ksenia Salle TRX	15h00-16h00 ZUMBA Ricco Salle Fitness
19h30 - 20h15 FIT BALANCE Ksenia Salle fitness	19h30-20h15 ZUMBA Esmat Salle Fitness	19h30- 20h15 TRX (réservation) Joannice Salle TRX	18h30- 19h30 POSTURAL SCULPT Ksenia Salle fitness	19h30- 20h15 STRETCHING Momo Salle Fitness	16h00-17h30 YOGA ASHTANGA Payant - Lionel Salle TRX	16H00- 17h30 YOGA ASHTANGA Payant - Lionel Salle TRX
			19h30-20h15 MOUV DANCE Ksenia Salle Fitness		15h45 - 16h30 STRETCHING Ksenia Salle Fitness	16h00-17h00 CROSS TRAINING Anton Tente cross training
					16h00-17h00 CROSS TRAINING Abraham Tente cross training	
<b>ESPACE AQUATIQUE</b>						
		09h15-10h00 AQUA-PALME				
10h15-11h00 AQUA-FITNESS	10h15-11h00 AQUA-FITNESS	10h15-11h00 AQUA-FITNESS	10h15-11h00 AQUA-FITNESS	10h15-11h00 AQUA-FITNESS		
11h15-12h00 AQUA-FITNESS	11h15-12h00 AQUA-FITNESS		11h15-12h00 AQUA-FITNESS	11h15-12h00 AQUA-FITNESS		
		19h30-20h15 PERFECTIONNEMENT				

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