



# PLANNING FITNESS du 28 Novembre au 4 décembre

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

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