



PLANNING FITNESS du 20 au 26 Mars

| LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|---|--|--|---|--|---|--|
| FITNESS | | | | | | |
| | 08h00-09h30 YOGA ASHTANGA Lionel Salle TRX | | | | | |
| 09h30-10h15 POSTURAL SCULPT Ksenia Salle Fitness | 09h30-10h15 POWER SCULPT Constance Salle Fitness | 09h30-10h15 TRX (réservation) Joannice Salle TRX | 09h30-10h15 CARDIO TRAINING Max Salle Fitness | 09h30-10h15 TRX (réservation) Max Salle TRX | | |
| 10h15-11h00 GYM STICK Ksenia Salle Fitness | 10h15-11h00 PILATES FLOW Constance Salle Fitness | 10h15-11h00 CAF TRAINING Joannice Salle Fitness | 10h15-11h00 TRX (réservation) Max Salle TRX | 10h15-11h00 CAF TRAINING Marlène Salle Fitness | 10h00 - 11h30 YOGA HATHA Sophie Etage Manoir | 10h00 - 11h30 YOGA HATHA Sophie Etage Manoir |
| 11h00-11h45 STRETCHING Ksenia Salle Fitness | 11h00-11h45 DEEP CARDIO Constance Salle Fitness | 11h00-11h45 STRETCHING Joannice Salle Fitness | 11h00-11h45 STRETCHING Max Salle Fitness | 11h00-12h00 FIT BALANCE Marlène Salle Fitness | 10h30 - 11h30 CARDIO TRAINING Momo Salle Fitness | 10h30 - 11h15 CARDIO TRAINING Joannice Salle Fitness |
| 12h00 - 12h45 PILATES Brigitte Salle Fitness | 11h45 - 12h30 FIT BALANCE Constance Salle Fitness | 12h00 - 13h00 TRX YOGA (réservation) Sylvie Salle TRX | 11h45 - 12h30 TRX (réservation) Max Salle TRX | 12h00 - 12h45 POSTURAL SCULPT Marlène Salle Fitness | 11h00 - 12h00 TRX (réservation) Anton 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 | 12h45-13h30 STRETCHING Marlène Salle Fitness | 11h30 - 13h00 YOGA HATHA Sophie Etage Manoir | 11h30 - 13h00 YOGA HATHA Sophie Etage Manoir |
| | 13h30 - 14h15 STRETCHING Marie A Salle Fitness | 14h15-15h15 GYMSTICK Max Salle Fitness | 13h30 - 14h15 STRETCHING Marie A Salle Fitness | | 11h30 - 12h15 STRETCHING Momo Salle Fitness | 11h15 - 12h00 STRETCHING Arthur Salle Fitness |
| | 14h30 - 16h00 YOGA HATHA Sophie Salle TRX | | | | 12h15 - 13h15 CAF TRAINING Momo Salle Fitness | 12h30-13h30 POWER SCULPT Laura Salle Fitness |
| | | 16h00 - 17h00 ZUMBA Ricco Salle Fitness | | | 13h45 - 14h30 MOUV DANCE Ksenia Salle Fitness | 13h30- 14h15 TRX (réservation) Anton Salle TRX |
| | | | | | 14h30 - 15h15 TRX (réservation) Ksenia Salle TRX | 13h30 - 14h30 PILATES Laura Salle Fitness |
| 18h30 - 19h30 CARDIO TRAINING Ksenia Salle Fitness | 18h30-19h45 YOGA VINAYASA Alexandre Salle fitness | 18h30 - 19h30 CIRCUIT TRAINING Joannice Salle Fitness | 18h30-20h YOGA ASHTANGA Lionel Salle TRX | 18h30 - 19h30 CARDIO TRAINING Momo Salle Fitness | 16h00-17h30 YOGA ASHTANGA Payant - Lionel Salle TRX | 15h00-16h00 ZUMBA Ricco Salle Fitness |
| 19h30 - 20h15 FIT BALANCE Ksenia Salle fitness | | 19h30 - 20h15 TRX (réservation) Joannice Salle TRX | 18h30 - 19h30 POSTURAL SCULPT Ksenia Salle fitness | | 15h15 - 16h00 STRETCHING Sylvie Salle Fitness | 16h00 - 17h30 YOGA ASHTANGA Payant - Lionel Salle TRX |
| | | | 19h30-20h15 MOUV DANCE Ksenia Salle Fitness | | 16h00-17h00 CROSS TRAINING Jean Gratien Tente cross training | 16h00-17h00 CROSS TRAINING Arthur Tente cross training |
| ESPACE AQUATIQUE | | | | | | |
| | | 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