



PLANNING FITNESS 22 au 28 Mai

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
FITNESS						
09h30-10h15 POSTURAL SCULPT Ksenia Salle Fitness	09h30-10h15 POWER SCULPT Constance 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 Constance 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 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 Marie C Salle Fitness	11h00-12h00 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 Constance Salle Fitness	12h00 - 13h00 TRX YOGA (réservation) Sylvie Salle TRX	11h45- 12h30 TRX (réservation) Marie C 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 Marie C Salle Fitness
	14h30 - 16h00 YOGA HATHA Sophie Salle TRX				12h15 - 13h15 CAF TRAINING Momo Salle Fitness	12h30-13h30 POWER SCULPT Laurentine Salle Fitness
		16h00 - 17h00 ZUMBA Ricco Salle Fitness			13h-13h45 TRX (réservation) Ksenia Salle TRX	13h30 - 14h15 TRX (réservation) Anton Salle TRX
					14h30-16h00 STEP DANCE Ksenia Momo Marie	13h30 - 14h30 PILATES Laurentine Salle Fitness
18h30- 19h30 CARDIO TRAINING Ksenia Salle Fitness	18h30-19h45 YOGA VINAYASA Alexandre Salle fitness	18h30 - 19h30 CIRCUIT TRAINING Joannice Tente Cross Training	18h30-20h YOGA ASHTANGA Lionel Salle TRX	18h30- 19h30 CARDIO TRAINING Momo Salle Fitness		15h00-16h00 ZUMBA Sylvie Salle Fitness
19h30 - 20h15 FIT BALANCE Ksenia Salle fitness		19h30- 20h15 TRX (réservation) Joannice Salle TRX	18h30- 19h30 POSTURAL SCULPT Ksenia Salle fitness		16h00-17h00 CROSS TRAINING Jean Gratien Tente cross training	16H00- 17h30 YOGA ASHTANGA Payant - Lionel Salle TRX
			19h30-20h15 MOUV DANCE Ksenia Salle Fitness		16H00- 17h30 YOGA ASHTANGA Payant - Lionel Salle TRX	16h00-17h00 CROSS TRAINING Arthur Tente cross training
SMALL GROUP TRAINING (salle TRX , réservation obligatoire)						
11h00-12h00 STICK MOBILITY MOBILITE & FORCE MAX	11h00-12h00 PILATES NIV 1 BALL & CIRLCE ANTON					10h30-11h30 PILATES NIV 1 BALL & CIRLCE ANTON
12h00-13h00 PILATES NIV 2 BALL & CIRLCE MAX				13h00-14h00 STICK MOBILITY SOUPLESSE & MOBILITE KSENIA	12h30-13h30 STICK MOBILITY MOBILITE & FORCE JOANNICE	
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