PLANNING FITNESS du 29 Mai au 4 Juin

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
FITNESS						
	08h00-09h30 YOGA ASHTANGA Lionel Salle TRX					
	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 (reservation) 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 Salle fitness	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 Cross Training	10h30 - 11h15 CARDIO BOXING Momo Salle Fitness
12h00- 12h45 PILATES Ksenia 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
13h00 - 14h30 YOGA HATHA Sophie 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 Salle Fitness	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 Cross Training	11h15 - 12h00 STRETCHING Laurentine Salle Fitness
	14h30 - 16h00 YOGA HATHA Sophie Salle TRX				12h15 – 13h15 CAF TRAINING Momo Cross Training	12h30-13h30 POWER SCULPT Laurentine 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 Laurentine Salle Fitness
	18h30-19h45 YOGA VINYASA 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	15h15 - 16h00 STRETCHING Momo Salle Fitness	15h00-16h00 ZUMBA Ricco Salle Fitness
		19h30- 20h15 TRX (réservation) Joannice Salle TRX	18h30- 19h30 POSTURAL SCULPT Ksenia 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		16h00-17h00 CROSS TRAINING Jean Gratien Tente cross training	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		
	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