



PLANNING FITNESS du 13 au 19 Novembre

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|--|--|---|--|--|--|---|
| FITNESS | | | | | | |
| 09h30-10h15 POSTURAL SCULPT Ksenia Salle Fitness | 09h30-10h15 BODY BARRE Joannice 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 Joannice Salle Fitness | 10h15-11h00 TRX (réservation) Marie.C Salle TRX | 10h15-11h00 CAF 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 CAF 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 | 10h45 - 11h45 TRX (réservation) Ksenia Salle TRX | 11h30 - 12h30 TRX (réservation) Axel Salle TRX |
| 12h45 - 13h45 YOGA HATHA Brigitte Salle Fitness | 12h30 - 13h30 DEEP CARDIO Marie A Salle Fitness | 13h00-14h00 FIT BALL Sylvie Salle Fitness | 12h30 - 13h30 DEEP CARDIO Marie A Salle Fitness | 12h45-13h30 STRETCHING Marlène Salle Fitness | 11h30 - 13h00 YOGA HATHA Sophie Etagé Manoir | 11h30 - 13h00 YOGA HATHA Sophie Etagé Manoir |
| | 13h30 - 14h15 STRETCHING Marie A 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 | 15h00-16h00 BARRE AU SOL Ksenia Salle Fitness | | | 12h15 - 13h15 CAF Momo Salle Fitness | 12h30-13h30 BODY BARRE Laurentine Salle Fitness |
| | | 16h00 - 17h00 ZUMBA Ricco Salle Fitness | | | | 13h30- 14h15 TRX (réservation) Diego Salle TRX |
| | | | | | 14h30 - 15h15 TRX (réservation) Diego Salle TRX | 13h30 - 14h30 PILATES Laurentine Salle Fitness |
| 18h30- 19h30 CARDIO TRAINING Ksenia Salle Fitness | 18h30-19h45 YOGA VINYASA Alexandre Salle fitness | 18h30-19h30 CAF Joannice Salle fitness | 18h30- 19h30 BODY BARRE Ksenia Salle fitness | 18h30- 19h30 CARDIO TRAINING Momo Salle Fitness | 15h30-16h30 CARDIO BOXING Marie C Salle Fitness | 15h00-16h00 ZUMBA Ricco Salle Fitness |
| 19h30 - 20h15 FIT BALANCE Ksenia Salle fitness | | 19h30- 20h15 TRX (réservation) Joannice Salle TRX | 19h30-20h15 MOUV DANCE Ksenia Salle Fitness | | | |
| | 20h00-21h00 TRX (réservation) Anton Salle TRX | | | | | |
| SMALL GROUP TRAINING (PAYANT , salle TRX , réservation obligatoire) | | | | | | |
| 11h00-12h00 STICK MOBILITY MOBILITE & FORCE MAX | | | | | | |
| 12h00-13h00 PILATES NIV 2 BALL & CIRLCE MAX | | | | | 16H00- 17h30 YOGA ASHTANGA Lionel Salle TRX | 16H00- 17h30 YOGA ASHTANGA Lionel Salle TRX |
| ESPACE AQUATIQUE | | | | | | |
| | | 09h00-09h45 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 | | | | |

| | |
|--------------|--------------------------------|
| | Renforcement musculaire |
| | Bien-être |
| | Posturaux |
| | Dansés |
| | Haute intensité |
| W.O.D | Entrainement du jour |