



# PLANNING FITNESS / AQUA



| LUNDI | MARDI | MERCREDI | JEUDI (férié) | VENDREDI | SAMEDI | DIMANCHE |
|-------|-------|----------|---------------|----------|--------|----------|
|-------|-------|----------|---------------|----------|--------|----------|

Semaine du 5 au 11 Mai

|   |   |  |  |   |   |  |
|---|---|--|--|---|---|--|
|   | 08h00-09h30<br>YOGA ASHTANGA<br>Lionel<br>Salle TRX         |  |  |   |   |  |
| 09h30-10h15<br>POSTURAL SCULPT<br>Ksenia<br>Salle Fitness | 09h30-10h15<br>BODY SCULPT<br>Marlène<br>Salle Fitness      | 09h30-10h15<br>TRX (réservation)<br>Max<br>Salle TRX                       | 10h00-11h00<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       | 10h15-11h15<br>PILATES FLOW<br>Marlène<br>Salle Fitness     | 10h15-11h00<br>CAF<br>Max<br>Salle Fitness                                 | 11h00-11h45<br>TRX (réservation)<br>Marie C<br>Salle TRX | 10h15-11h00<br>CAF<br>Marie C<br>Salle Fitness            | 10h00 - 11h30<br>YOGA VINYASA<br>Regine<br>Etage Manoir     | 10h00 - 11h30<br>YOGA HATHA<br>Sophie<br>Etage Manoir      |
| 11h00-11h45<br>STRETCHING<br>Ksenia<br>Salle Fitness      | 11h15-11h45<br>SPECIAL FESSIERS<br>Marlène<br>Salle Fitness | 11h00-11h45<br>PILATES<br>Max<br>Salle Fitness                             | 11h45-12h30<br>STRETCHING<br>Marie C<br>Salle Fitness    | 11h00-11h30<br>STRETCHING<br>Marie C<br>Salle Fitness     | 10h30 - 11h30<br>CARDIO TRAINING<br>Momo<br>Salle Fitness   | 11h00- 12h00<br>CROSS TRAINING<br>Marine<br>Cross Training |
| 12h00- 12h45<br>PILATES<br>Brigitte<br>Salle Fitness      | 11h45- 12h30<br>STRETCHING<br>Marlène<br>Salle Fitness      | 12h - 13h<br>TRX YOGA (réservation)<br>Sylvie<br>Salle TRX                 | 12h30 - 13h15<br>BODY SCULPT<br>Marie A<br>Salle Fitness | 11h30-12h15<br>POSTURAL SCULPT<br>Angela<br>Salle Fitness | 10h30 - 11h30<br>TRX (réservation)<br>Diego<br>Salle TRX    | 10h30 - 11h15<br>CARDIO TRAINING<br>Axel<br>Salle Fitness  |
| 12h45 - 13h45<br>YOGA DU DOS<br>Brigitte<br>Salle Fitness | 12h30 - 13h15<br>BODY SCULPT<br>Marie A<br>Salle Fitness    | 13h - 14h<br>PILATES BALL<br>Sylvie<br>Salle Fitness                       | 13h15-14h15<br>ZUMBA<br>Marie A<br>Salle Fitness         | 12h15- 13h<br>PILATES<br>Angela<br>Salle Fitness          | 11h30 - 13h00<br>YOGA HATHA<br>Sophie<br>Etage Manoir       | 11h30 - 12h30<br>TRX (réservation)<br>Axel<br>Salle TRX    |
|   | 13h15-13h45<br>SPECIAL ABDOS<br>Marie A<br>Salle Fitness    |  |  | 13h-13h30<br>SPECIAL FESSIERS<br>Angela<br>Salle Fitness  | 11h30 - 12h15<br>STRETCHING<br>Momo<br>Salle Fitness        | 11h30 - 13h00<br>YOGA HATHA<br>Sophie<br>Etage Manoir      |
|   | 13h45 - 14h15<br>STRETCHING<br>Marie A<br>Salle Fitness     | 15h00-16h00<br>BARRE AU SOL<br>Ksenia<br>Salle Fitness                     |  |   | 12h15 - 13h15<br>CAF<br>Momo<br>Salle Fitness               | 11h15 - 12h00<br>STRETCHING<br>Earvin<br>Salle Fitness     |
|   | 14h30 - 16h00<br>YOGA HATHA<br>Sophie<br>Salle TRX          | 16h00 - 17h00<br>ZUMBA<br>Esma<br>Salle Fitness                            |  |   | 13h30-14h30<br>PILATES<br>Max<br>Salle Fitness              | 12h30-13h30<br>BODY BARRE<br>Axel<br>Salle Fitness         |
|   |   |  |  |   | 14h30 - 15h30<br>TRX (réservation)<br>Axel<br>Salle TRX     | 13h30- 14h30<br>TRX (réservation)<br>Diego<br>Salle TRX    |
| 18h30- 19h30<br>CARDIO TRAINING<br>Axel<br>Salle Fitness  | 18h30- 19h30<br>PILATES<br>Ksenia<br>Salle Fitness          | 18h30-19h30<br>CROSS TRAINING<br>(réservation)<br>Marie C<br>Salle Fitness | 18h30- 19h30<br>BODY BARRE<br>Axel<br>Salle fitness      | 18h30- 19h30<br>CARDIO TRAINING<br>Momo<br>Salle Fitness  | 15h30-16h00<br>ABDOS FLASH<br>Axel<br>Salle TRX             | 15h00-16h00<br>STEP<br>Momo<br>Salle Fitness               |
| 19h30-20h15<br>TRX (réservation)<br>Axel<br>Salle Fitness | 19h30-20h15<br>MOOVE DANCE<br>Ksenia<br>Salle Fitness       | 19h30- 20h15<br>FIT BALANCE<br>Marie C<br>Salle fitness                    | 18h30-20h00<br>YOGA ASHTANGA<br>Lionel<br>Salle TRX      |   | 16h00- 17h00<br>CROSS TRAINING<br>Jeremie<br>Cross Training | 16h00- 17h00<br>CROSS TRAINING<br>Diego<br>Cross Training  |

## SMALL GROUP TRAINING ( PAYANT , réservation obligatoire )

|   |  |  |  |  |  |  |
|---|--|--|--|--|--|--|
| 11h00-12h00<br>STICK MOBILITY<br>Max<br>Salle TRX |  |  |  |  |  |  |
| 12h00-13h00<br>PILATES<br>Max<br>Salle TRX        | 11h30-12h30<br>PILATES<br>Fred<br>Salle de danse |  | 11h30-12h30<br>PILATES<br>Fred<br>Salle de danse | 11h30-12h30<br>BARRE AU SOL<br>Ksenia<br>Salle TRX |  | 14h30 - 15h45<br>KRAV MAGA<br>Yacine<br>Salle TRX                  |
|   |  | 16h00- 17h30<br>ATELIER HANDSTAND<br>Lionel<br>Salle TRX |  |  |  | 16h00- 17h30<br>YOGA ASHTANGA<br>(CONFIRME)<br>Lionel<br>Salle TRX |

## ESPACE AQUATIQUE

|                             |                             |                                 |  |                             |  |  |
|-----------------------------|-----------------------------|---------------------------------|--|-----------------------------|--|--|
|                             |                             | 09h00-09h45<br>AQUA-PALME       |  |                             |  |  |
| 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 |  |  |
|                             |                             | 19h30-20h15<br>PERFECTIONNEMENT |  |                             |  |  |

|  |           |  |                         |  |              |
|--|-----------|--|-------------------------|--|--------------|
|  | Bien-être |  | Renforcement musculaire |  | Dansés       |
|  | Posturaux |  | Cours aquatiques        |  | Cours cardio |



# PLANNING FITNESS / AQUA



| LUNDI  | MARDI  | MERCREDI   | JEUDI   | VENDREDI   | SAMEDI   | DIMANCHE   |
|--|--|--|---|--|--|--|
| <b>Semaine du 12 au 18 Mai</b>                                   |  |  |   |  |  |  |
|  | 08h00-09h30<br><b>YOGA ASHTANGA</b><br>Lionel<br>Salle TRX         |  |   |  |  |  |
| 09h30-10h15<br><b>POSTURAL SCULPT</b><br>Ksenia<br>Salle Fitness | 09h30-10h15<br><b>BODY SCULPT</b><br>Marlène<br>Salle Fitness      | 09h30-10h15<br><b>TRX (réservation)</b><br>Max<br>Salle TRX                    | 09h30-10h30<br><b>CARDIO BOXING</b><br>Earvin<br>Salle Fitness  | 09h30-10h15<br><b>TRX (réservation)</b><br>Angela<br>Salle TRX   |  |  |
| 10h15-11h00<br><b>GYM STICK</b><br>Ksenia<br>Salle Fitness       | 10h15-11h15<br><b>PILATES FLOW</b><br>Marlène<br>Salle Fitness     | 10h15-11h00<br><b>CAF</b><br>Max<br>Salle Fitness                              | 10h30-11h30<br><b>TRX (réservation)</b><br>Earvin<br>Salle TRX  | 10h15-11h00<br><b>CAF</b><br>Angela<br>Salle Fitness             | 10h00 - 11h30<br><b>YOGA VINYASA</b><br>Regine<br>Etage Manoir     | 10h00 - 11h30<br><b>YOGA HATHA</b><br>Sophie<br>Etage Manoir           |
| 11h00-11h45<br><b>STRETCHING</b><br>Ksenia<br>Salle Fitness      | 11h15-11h45<br><b>SPECIAL FESSIERS</b><br>Marlène<br>Salle Fitness | 11h00-11h45<br><b>PILATES</b><br>Max<br>Salle Fitness                          | 11h30-12h30<br><b>STRETCHING</b><br>Earvin<br>Salle Fitness     | 11h00-11h30<br><b>STRETCHING</b><br>Angela<br>Salle Fitness      | 10h30 - 11h30<br><b>CARDIO TRAINING</b><br>Momo<br>Salle Fitness   | 11h00- 12h00<br><b>CROSS TRAINING</b><br>Marine<br>Cross Training      |
| 12h00- 12h45<br><b>PILATES</b><br>Brigitte<br>Salle Fitness      | 11h45- 12h30<br><b>STRETCHING</b><br>Marlène<br>Salle Fitness      | 12h - 13h<br><b>TRX YOGA (réservation)</b><br>Sylvie<br>Salle TRX              | 12h30 - 13h15<br><b>BODY SCULPT</b><br>Marie A<br>Salle Fitness | 11h30-12h15<br><b>POSTURAL SCULPT</b><br>Angela<br>Salle Fitness | 10h30 - 11h30<br><b>TRX (réservation)</b><br>Ksenia<br>Salle TRX   | 10h30 - 11h15<br><b>CARDIO TRAINING</b><br>Axel<br>Salle Fitness       |
| 12h45 - 13h45<br><b>YOGA DU DOS</b><br>Brigitte<br>Salle Fitness | 12h30 - 13h15<br><b>BODY SCULPT</b><br>Marie A<br>Salle Fitness    | 13h - 14h<br><b>PILATES BALL</b><br>Sylvie<br>Salle Fitness                    | 13h15-13h45<br><b>SPECIAL ABDOS</b><br>Marie A<br>Salle Fitness | 12h15- 13h<br><b>PILATES</b><br>Angela<br>Salle Fitness          | 11h30 - 13h00<br><b>YOGA HATHA</b><br>Sophie<br>Etage Manoir       | 11h30 - 12h30<br><b>TRX (réservation)</b><br>Axel<br>Salle TRX         |
|  | 13h15-13h45<br><b>SPECIAL ABDOS</b><br>Marie A<br>Salle Fitness    |  | 13h45 - 14h15<br><b>STRETCHING</b><br>Marie A<br>Salle Fitness  | 13h-13h30<br><b>SPECIAL FESSIERS</b><br>Angela<br>Salle Fitness  | 11h30 - 12h15<br><b>STRETCHING</b><br>Momo<br>Salle Fitness        | 11h30 - 13h00<br><b>YOGA HATHA</b><br>Sophie<br>Etage Manoir           |
|  | 13h45 - 14h15<br><b>STRETCHING</b><br>Marie A<br>Salle Fitness     | 15h00-16h00<br><b>BARRE AU SOL</b><br>Ksenia<br>Salle Fitness                  |   |  | 12h15 - 13h15<br><b>CAF</b><br>Momo<br>Salle Fitness               | 11h15 - 12h00<br><b>STRETCHING</b><br>Earvin<br>Salle Fitness          |
|  | 14h30 - 16h00<br><b>YOGA HATHA</b><br>Sophie<br>Salle TRX          | 16h00 - 17h00<br><b>ZUMBA</b><br>Ricco<br>Salle Fitness                        |   |  |  | 12h30-13h30<br><b>BODY BARRE</b><br>Axel<br>Salle Fitness              |
|  |  |  |   |  | 14h30 - 15h30<br><b>TRX (réservation)</b><br>Axel<br>Salle TRX     | 13h30- 14h30<br><b>TRX (réservation)</b><br>Diego<br>Salle TRX         |
| 18h30- 19h30<br><b>CARDIO TRAINING</b><br>Axel<br>Salle Fitness  | 18h30- 19h30<br><b>PILATES</b><br>Ksenia<br>Salle Fitness          | 18h30-19h30<br><b>CROSS TRAINING (réservation)</b><br>Jeremie<br>Salle Fitness | 18h30- 19h30<br><b>BODY BARRE</b><br>Axel<br>Salle fitness      | 18h30- 19h30<br><b>CARDIO TRAINING</b><br>Momo<br>Salle Fitness  | 15h30-16h00<br><b>ABDOS FLASH</b><br>Axel<br>Salle TRX             | 15h00-16h00<br><b>ZUMBA</b><br>Ricco<br>Salle Fitness                  |
| 19h30-20h15<br><b>TRX (réservation)</b><br>Axel<br>Salle Fitness | 19h30-20h15<br><b>MOOVE DANCE</b><br>Ksenia<br>Salle Fitness       | 19h30- 20h15<br><b>FIT BALANCE</b><br>Jeremie<br>Salle fitness                 | 18h30-20h00<br><b>YOGA ASHTANGA</b><br>Lionel<br>Salle TRX      |  | 16h00- 17h00<br><b>CROSS TRAINING</b><br>Jeremie<br>Cross Training | 16h00- 17h00<br><b>CROSS TRAINING</b><br>Diego<br>Cross Training       |
|  |  |  | 19h30-20h15<br><b>SPECIAL MOBILITE</b><br>Axel<br>Salle Fitness |  |  |  |
| <b>SMALL GROUP TRAINING ( PAYANT , réservation obligatoire )</b> |  |  |   |  |  |  |
| 11h00-12h00<br><b>STICK MOBILITY</b><br>Max<br>Salle TRX         |  |  |   |  |  |  |
| 12h00-13h00<br><b>PILATES</b><br>Max<br>Salle TRX                | 11h30-12h30<br><b>PILATES</b><br>Fred<br>Salle de danse            |  | 11h30-12h30<br><b>PILATES</b><br>Fred<br>Salle de danse         | 11h30-12h30<br><b>BARRE AU SOL</b><br>Ksenia<br>Salle TRX        |  | 14h30 - 15h45<br><b>KRAV MAGA</b><br>Yacine<br>Salle TRX               |
|  |  | 16h00- 17h30<br><b>ATELIER HANDSTAND</b><br>Lionel<br>Salle TRX                |   |  |  | 16h00- 17h30<br><b>YOGA ASHTANGA (CONFIRME)</b><br>Lionel<br>Salle TRX |
| <b>ESPACE AQUATIQUE</b>  |  |  |   |  |  |  |
|  |  | 09h00-09h45<br><b>AQUA-PALME</b>   |   |  |  |  |
| 10h15-11h00<br><b>AQUA-FITNESS</b>                               | 10h15-11h00<br><b>AQUA-FITNESS</b>                                 | 10h15-11h00<br><b>AQUA-FITNESS</b>   | 10h15-11h00<br><b>AQUA-FITNESS</b>                              | 10h15-11h00<br><b>AQUA-FITNESS</b>                               |  |  |
| 11h15-12h00<br><b>AQUA-FITNESS</b>                               | 11h15-12h00<br><b>AQUA-FITNESS</b>                                 |  | 11h15-12h00<br><b>AQUA-FITNESS</b>                              | 11h15-12h00<br><b>AQUA-FITNESS</b>                               |  |  |
|  |  | 19h30-20h15<br><b>PERFECTIONNEMENT</b>   |   |  |  |  |
|  | <b>Bien-être</b>   |  | <b>Renforcement musculaire</b>                                  |  |  | <b>Dansés</b>  |
|  | <b>Posturaux</b>   |  | <b>Cours aquatiques</b>   |  |  | <b>Cours cardio</b>  |