



PLANNING FITNESS / AQUA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Semaine du 14 au 20 juillet						
	08h-09h30 YOGA ASHTANGA Lionel Salle TRX					
10h-11h POSTURAL SCULPT Max Salle Fitness	10h-11h BODY SCULPT Benjamin Salle Fitness	10h-11h CAF Max Salle Fitness	10h-10h45 CARDIO BOXING Earvin Salle Fitness	10h-10h45 CAF Benjamin Salle Fitness		
11h-11h45 STRETCHING Max Salle Fitness	11h-11h45 PILATES FLOW Benjamin Salle Fitness	11h-12h PILATES Max Salle Fitness	10h45-11h30 TRX (réservation) Earvin Salle TRX	10h45-11h30 STRETCHING Benjamin Salle Fitness	10h30 - 11h30 CARDIO TRAINING Momo Salle Fitness	10h30 - 11h15 CARDIO TRAINING Earvin Salle Fitness
12h- 12h45 PILATES Brigitte Salle Fitness	11h45- 12h30 STRETCHING Benjamin Salle Fitness		11h30-12h30 STRETCHING Earvin Salle Fitness	11h30 - 12h30 PILATES Angela Salle Fitness	11h - 12h30 YOGA HATHA Sophie Etagé Manoir	11h - 12h30 YOGA HATHA Sophie Etagé Manoir
12h45 - 13h45 YOGA DU DOS Brigitte Salle Fitness	12h30 - 13h30 BODY SCULPT Benjamin Salle Fitness	12h - 13h TRX YOGA (réservation) Sylvie Salle TRX	12h30 - 13h30 BODY SCULPT Earvin Salle Fitness	12h30 - 13h30 POSTURAL SCULPT Angela Salle Fitness	10h30 - 11h30 TRX (réservation) Ksenia Salle TRX	11h00- 12h00 CROSS TRAINING Marine Cross Training
					11h30 - 12h15 STRETCHING Momo Salle Fitness	11h15 - 12h00 STRETCHING Perrine Salle Fitness
					12h15 – 13h15 CAF Momo Salle Fitness	11h30 - 12h30 TRX (réservation) Diego Salle TRX
					13h30-14h30 PILATES Max Salle Fitness	12h30-13h30 BODY BARRE Earvin Salle Fitness
		16h - 17H ZUMBA Ricco Salle Fitness			14h30 - 15h30 FIT BOXING Earvin Cross Training	13h30– 14h30 TRX (réservation) Diego Salle TRX
					14h30 - 15h30 TRX (réservation) Jeremie Salle TRX	
18h30- 19h30 CARDIO TRAINING Axel Salle Fitness	18h30- 19h30 STRETCHING POSTURAL Earvin Salle Fitness	18h30-19h30 CROSS TRAINING (réservation) Earvin Salle Fitness	18h30- 19h30 BODY BARRE Axel Salle fitness	18h30- 19h30 CARDIO TRAINING Momo Salle Fitness	15h30-16h00 ABDOS FLASH Jeremie Salle TRX	15h00-16h00 ZUMBA Ricco Salle Fitness
19h30-20h15 TRX (réservation) Axel Salle Fitness		19h30- 20h15 FIT BALANCE Earvin Salle fitness	19h30-20h15 SPECIAL MOBILITE Axel Salle Fitness			
SMALL GROUP TRAINING (PAYANT , réservation obligatoire)						
ESPACE AQUATIQUE						
	10h45-11h45 AQUA-FITNESS		10h45-11h45 AQUA-FITNESS	10h45-11h45 AQUA-FITNESS		
	Bien-être		Renforcement musculaire			Dansés
	Posturaux		Cours aquatiques			Cours cardio



PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Semaine du 21 au 27 juillet						
10h-11h POSTURAL SCULPT Max Salle Fitness	10h-11h BODY SCULPT Benjamin Salle Fitness	10h-11h CAF Max Salle Fitness	10h-10h45 CARDIO BOXING Earvin Salle Fitness	10h-10h45 CAF Benjamin Salle Fitness		
11h-11h45 STRETCHING Max Salle Fitness	11h-11h45 PILATES FLOW Benjamin Salle Fitness	11h-12h PILATES Max Salle Fitness	10h45-11h30 TRX (réservation) Earvin Salle TRX	10h45-11h30 STRETCHING Benjamin Salle Fitness	10h30 - 11h30 CARDIO TRAINING Momo Salle Fitness	10h30 - 11h30 BODY BARRE Earvin Salle Fitness
12h - 12h45 PILATES Brigitte Salle Fitness	11h45- 12h30 STRETCHING Benjamin Salle Fitness		11h30-12h30 STRETCHING Earvin Salle Fitness	11h30 - 12h30 PILATES Benjamin Salle Fitness	11h - 12h30 YOGA HATHA Sophie Etagé Manoir	11h - 12h30 YOGA HATHA Sophie Etagé Manoir
12h45 - 13h45 YOGA DU DOS Brigitte Salle Fitness	12h30 - 13h30 BODY SCULPT Benjamin Salle Fitness	12h - 13h TRX YOGA (réservation) Sylvie Salle TRX	12h30 - 13h30 BODY SCULPT Earvin Salle Fitness	12h30 - 13h30 POSTURAL SCULPT Benjamin Salle Fitness	10h30 - 11h30 TRX (réservation) Perrine Salle TRX	11h30 - 12h15 STRETCHING Earvin Salle Fitness
					11h30 - 12h15 STRETCHING Momo Salle Fitness	11h30 - 12h30 TRX (réservation) Diego Salle TRX
					12h15 - 13h15 CAF Momo Salle Fitness	
					14h30 - 15h30 FIT BOXING Earvin Cross Training	
		16h - 17h ZUMBA Ricco Salle Fitness			14h30 - 15h30 TRX (réservation) Perrine Salle TRX	13h30 - 14h30 TRX (réservation) Diego Salle TRX
					15h30-16h00 ABDOS FLASH Perrine Salle TRX	
18h30- 19h30 BODY BARRE Jeremie Salle Fitness	18h30- 19h30 STRETCHING Earvin Salle Fitness	18h30-19h30 CROSS TRAINING Earvin Salle Fitness	18h30- 19h30 BODY BARRE Jeremie Salle fitness	18h30- 19h30 CARDIO TRAINING Momo Salle Fitness		
			18h30-20h00 YOGA ASHTANGA Lionel Salle TRX			
SMALL GROUP TRAINING (PAYANT , réservation obligatoire)						
		16h00- 17h30 ATELIER HANDSTAND Lionel Salle TRX				16h00- 17h30 YOGA ASHTANGA (CONFIRME) Lionel Salle TRX
ESPACE AQUATIQUE						
10h45-11h45 AQUA-FITNESS	10h45-11h45 AQUA-FITNESS		10h45-11h45 AQUA-FITNESS	10h45-11h45 AQUA-FITNESS		

	Bien-être		Renforcement musculaire		Dansés
	Posturaux		Cours aquatiques		Cours cardio