



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Semaine du 29 décembre au 4 janvier						
10h-11h BODY SCULPT Max Salle Fitness	10h-11h POSTURAL SCULPT Yanis Salle Fitness	10h-11h C.A.F Max Salle Fitness		10h-11h C.A.F Benjamin Salle Fitness	10h30 - 11h30 CARDIO TRAINING Momo Salle Fitness	10h30 - 11h30 CARDIO TRAINING Axel Salle Fitness
11h00-11h45 STRETCHING Max Salle Fitness	11h-12h C.A.F Yanis Salle Fitness	11h-12h PILATES Max Salle Fitness		11h-12h STRETCHING Benjamin Salle Fitness	10h30 - 11h30 TRX (réservation) Yanis Salle TRX	11h-12h CROSS TRAINING Marine Salle Fitness
12h- 12h45 PILATES Regine Salle Fitness	12h15-13h15 STRETCHING Yanis Salle Fitness	12h15-13h15 BODY SCULPT Max Salle Fitness		12h-12h45 GYM STICK Benjamin Salle Fitness	11h-12h30 YOGA HATHA Sophie Etage Manoir	11h-12h30 YOGA HATHA Sophie Etage Manoir
12h45 - 13h45 YOGA DU DOS Regine Salle Fitness	13h15-13h45 ABDOS FLASH Yanis Salle TRX			12h45- 13h45 PILATES Benjamin Salle Fitness	11h30 - 12h15 STRETCHING Momo Salle Fitness	11h30 - 12h30 TRX (réservation) Axel Salle TRX
					12h15-13h15 C.A.F Momo Salle Fitness	11h30-12h30 STRETCHING Jeremie Salle Fitness
					13h30-14h30 PILATES Max Salle Fitness	12h30-13h30 BODY BARRE Axel Salle Fitness
					14h30 - 15h30 TRX (réservation) Axel Salle TRX	13h30-14h30 TRX (réservation) Yanis Salle TRX
					15h30-16h ABDOS FLASH Axel Salle Fitness	14h30-15h ABDOS FLASH Yanis Salle TRX
18h30- 19h30 BODY BARRE Axel Salle fitness	18h30-19h30 C.A.F Yanis Salle Fitness			18h30- 19h30 CARDIO TRAINING Yanis Salle Fitness	16h-17h CROSS TRAINING Yanis Cross Trainingng	15h00-16h ZUMBA Ricco Salle Fitness
19h30-20h15 Stretching Axel Salle Fitness	19h30-20h15 CARDIO TRAINING Yanis Salle Fitness					15h30- 16h30 CROSS TRAINING Jeremie Cross Trainingng
SMALL GROUP TRAINING (PAYANT , réservation obligatoire)						
						16H00- 17h30 YOGA ASHTANGA Lionel Salle TRX
ESPACE AQUATIQUE						
11h-12h00 AQUA-FITNESS	11h-12h00 AQUA-FITNESS		11h-12h00 AQUA-FITNESS	11h-12h00 AQUA-FITNESS		