



PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Semaine du 2 au 8 Mars						
	8h-09h30 YOGA ASHTANGA Lionel Salle TRX					
10h-11h GYM STICK Ksenia Salle Fitness	10h-11h BODY BARRE Yanis Salle fitness	10h-11h C.A.F Max Salle Fitness	10h-11h CARDIO TRAINING Earvin Salle Fitness	10h-10h45 C.A.F Yannick Salle Fitness		
11h00-11h45 STRETCHING Ksenia Salle Fitness	11h-11h45 C.A.F Yanis Salle Fitness	11h-12h PILATES Max Salle Fitness	11h-11h45 STRETCHING Earvin Salle Fitness	10h45-11h30 STRETCHING Yannick Salle Fitness	10h30 - 11h30 CARDIO TRAINING Momo Salle Fitness	10h30 - 11h30 CARDIO TRAINING Axel Salle Fitness
12h00- 12h45 PILATES Regine Salle Fitness	11h45- 12h30 STRETCHING Yanis Salle Fitness	11h45 - 12h30 ABDOS FESSIERS MAX Salle TRX	11h45 - 12h30 C.A.F Earvin Salle TRX	11h30-12h15 GYM STICK Angela Salle Fitness	10h30 - 11h30 TRX (réservation) Ksenia Salle TRX	11h - 12h30 YOGA HATHA Sophie Etagé Manoir
12h45 - 13h45 YOGA HATA FLOW Regine Salle Fitness	12h30 - 13h30 BODY SCULPT Candys Salle Fitness	12h30 - 13h30 TRX YOGA (réservation) Sylvie Salle TRX	12h30 - 13h30 BODY SCULPT Yannick Salle Fitness	12h15- 13h PILATES Angela Salle Fitness	11h - 12h30 YOGA HATHA Sophie Etagé Manoir	11h-12h CROSS TRAINING Marine Salle Fitness
	13h30 - 14h15 STRETCHING Candys Salle Fitness		13h30 - 14h15 STRETCHING Yannick Salle Fitness	13h-13h30 ABDOS FESSIERS Angela 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
					12h15- 13h 13h30-14h30 Jeremie 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 TRX	14h30-15h ABDOS FLASH Yanis Salle TRX
18h30- 19h30 BODY BARRE Axel Salle fitness	18h30-19h30 PILATES Ksenia Salle Fitness	18h30-19h30 STEP & SCULPT Momo Salle Fitness	18h30-19h30 BODY SCULPT Brigitte Salle fitness	18h30- 19h30 CARDIO TRAINING Yanis Salle Fitness		15h00-16h ZUMBA Riccò Salle Fitness
19h30-20h15 TRX (réservation) Axel Salle Fitness	19h30-20h15 MOOVE DANCE Ksenia Salle Fitness	19h30- 20h15 ASSOULPISSEMENT Momo Salle fitness	18h30-20h YOGA ASHTANGA Lionel Salle TRX			15h30- 16h30 CROSS TRAINING Candys Cross Training
			19h30-20h15 PILATES Brigitte Salle Fitness			
SMALL GROUP TRAINING (PAYANT , réservation obligatoire)						
11h00-12h00 STICK MOBILITY Max Salle TRX						
		14h 15h DYNAMIK SLIDE Fred Salle Fitness				16H00- 17h30 YOGA ASHTANGA Lionel Salle TRX
ESPACE AQUATIQUE						
11h 12h AQUA-FITNESS	11h 12h AQUA-FITNESS		11h 12h AQUA-FITNESS	11h 12h AQUA-FITNESS		

	Bien-être		Renforcement musculaire		Dansés
	Posturaux		Cours aquatiques		Cours cardio