



# PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<b>Semaine du 9 au 15 mars</b>						
	8h-09h30 <b>YOGA ASHTANGA</b> Lionel Salle TRX					
09h30-10h15 <b>POSTURAL SCULPT</b> Ksenia Salle Fitness	09h30-10h15 <b>BODY SCULPT</b> Marlène Salle Fitness	09h30-10h15 <b>TRX (réservation)</b> Max Salle TRX	09h30-10h30 <b>CARDIO TRAINING</b> Earvin Salle Fitness	09h30-10h15 <b>BODY SCULPT</b> Benjamin Salle TRX		
10h15-11h <b>GYM STICK</b> Ksenia Salle Fitness	10h15-11h15 <b>PILATES FLOW</b> Marlène Salle Fitness	10h15-11h <b>C.A.F</b> Max Salle Fitness	10h30-11h30 <b>C.A.F</b> Earvin Salle TRX	10h15-11h <b>C.A.F</b> Benjamin Salle Fitness	10h00 - 11h30 <b>BREATH &amp; YOGA</b> Alexandra Etage Manoir	10h00 - 11h30 <b>YOGA HATHA</b> Sophie Etage Manoir
11h00-11h45 <b>STRETCHING</b> Ksenia Salle Fitness	11h15-11h45 <b>ABDOS FESSIERS</b> Marlène Salle Fitness	11h00-11h45 <b>PILATES</b> Max Salle Fitness	11h30-12h30 <b>STRETCHING</b> Earvin Salle Fitness	11h00-11h30 <b>STRETCHING</b> Benjamin Salle Fitness	10h30 - 11h30 <b>CARDIO TRAINING</b> Momo Salle Fitness	10h30 - 11h30 <b>CARDIO TRAINING</b> Axel Salle Fitness
12h00- 12h45 <b>PILATES</b> Regine Salle Fitness	11h45- 12h30 <b>STRETCHING</b> Marlène Salle Fitness	11h45 - 12h30 <b>STICK MOBILITY (réservation)</b> Max Salle TRX	12h30 - 13h15 <b>BODY SCULPT</b> Marie Salle Fitness	11h30-12h15 <b>GYM STICK</b> Angela Salle Fitness	10h30 - 11h30 <b>TRX (réservation)</b> Ksenia Salle TRX	11h-12h <b>CROSS TRAINING</b> Marine Salle Fitness
12h45 - 13h45 <b>YOGA HATA FLOW</b> Regine Salle Fitness	12h30 - 13h30 <b>BODY SCULPT</b> Marie Salle Fitness	12h30 - 13h30 <b>TRX YOGA (réservation)</b> Sylvie Salle TRX	13h15-13h45 <b>ABDOS FESSIERS</b> Marie Salle Fitness	12h15- 13h <b>PILATES</b> Angela Salle Fitness	11h30 - 13h <b>YOGA HATHA</b> Sophie Etage Manoir	11h30 - 12h30 <b>TRX (réservation)</b> Axel Salle TRX
	13h30 - 14h15 <b>STRETCHING</b> Marie Salle Fitness		13h45 - 14h15 <b>STRETCHING</b> Marie Salle Fitness	13h-13h30 <b>ABDOS FESSIERS</b> Angela Salle Fitness	11h30 - 12h15 <b>STRETCHING</b> Momo Salle Fitness	11h30 - 13h <b>YOGA HATHA</b> Sophie Etage Manoir
	14h15 - 15h45 <b>YOGA HATHA</b> Sophie Salle TRX				12h15-13h15 <b>C.A.F</b> Momo Salle Fitness	11h30-12h30 <b>STRETCHING</b> Jeremie Salle Fitness
		16h - 17H <b>ZUMBA</b> Ricco Salle Fitness			13h30-14h30 <b>PILATES</b> Jeremie Salle Fitness	12h30-13h30 <b>BODY BARRE</b> Axel Salle Fitness
					14h30 - 15h30 <b>TRX (réservation)</b> Axel Salle TRX	13h30-14h30 <b>TRX (réservation)</b> Yanis Salle TRX
18h30- 19h30 <b>BODY BARRE</b> Yanis Salle fitness	18h30-19h30 <b>PILATES</b> Ksenia Salle Fitness	18h30-19h30 <b>STEP &amp; SCULPT</b> Momo Salle Fitness	18h30-19h30 <b>BODY SCULPT</b> Brigitte Salle fitness	18h30- 19h30 <b>CARDIO TRAINING</b> Yanis Salle Fitness	15h30-16h <b>ABDOS FLASH</b> Axel Salle TRX	14h30-15h <b>ABDOS FLASH</b> Yanis Salle TRX
19h30-20h15 <b>Abdos Fessiers</b> Yanis Salle Fitness	19h30-20h15 <b>MOOVE DANCE</b> Ksenia Salle Fitness	19h30- 20h15 <b>ASSOULISSEMENT</b> Momo Salle fitness	18h30-20h <b>YOGA ASHTANGA</b> Lionel Salle TRX		16h-17h <b>CROSS TRAINING</b> Yannick Cross Training	15h00-16h <b>ZUMBA</b> Ricco Salle Fitness
			19h30-20h15 <b>PILATES</b> Brigitte Salle Fitness			15h30- 16h30 <b>CROSS TRAINING</b> Candys Cross Training
<b>SMALL GROUP TRAINING ( PAYANT , réservation obligatoire )</b>						
11h30-12h30 <b>MAGIC PILATES</b> Fred Salle de danse	11h30-12h30 <b>PILATES</b> Fred Salle de danse		11h30-12h30 <b>PILATES</b> Fred Salle de danse	11h30-12h30 <b>BARRE AU SOL</b> Ksenia Salle de danse		
		14h 15h <b>DYNAMIK SLIDE</b> Fred Salle Fitness				16H00- 17h30 <b>YOGA ASHTANGA</b> Lionel Salle TRX
<b>ESPACE AQUATIQUE</b>						
					9h15-10h <b>PERFECTIONNEMENT NATATION</b>	
10h15-11h00 <b>AQUA-FITNESS</b>	10h15-11h00 <b>AQUA-FITNESS</b>	10h15-11h00 <b>AQUA-FITNESS</b>	10h15-11h00 <b>AQUA-FITNESS</b>	10h15-11h00 <b>AQUA-FITNESS</b>		
11h15-12h00 <b>AQUA-FITNESS</b>	11h15-12h00 <b>AQUA-FITNESS</b>		11h15-12h00 <b>AQUA-FITNESS</b>	11h15-12h00 <b>AQUA-FITNESS</b>		

	Bien-être		Renforcement musculaire		Dansés
	Posturaux		Cours aquatiques		Cours cardio



# PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
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Semaine du 16 au 22 mars

	8h-09h30 YOGA ASHTANGA Lionel Salle TRX					
09h30-10h15 POSTURAL SCULPT Ksenia Salle Fitness	09h30-10h15 BODY SCULPT Marlène Salle Fitness	09h30-10h15 TRX (réservation) Max Salle TRX	09h30-10h30 CARDIO TRAINING Earvin Salle Fitness	09h30-10h15 TRX Benjamin Salle TRX		
10h15-11h GYM STICK Ksenia Salle Fitness	10h15-11h15 PILATES FLOW Marlène Salle Fitness	10h15-11h C.A.F Max Salle Fitness	10h30-11h30 TRX Earvin Salle TRX	10h15-11h C.A.F Benjamin Salle Fitness	10h00 - 11h30 BREATH & YOGA Alexandra Etage Manoir	10h00 - 11h30 YOGA HATHA Sophie Etage Manoir
11h00-11h45 STRETCHING Ksenia Salle Fitness	11h15-11h45 ABDOS FESSIERS Marlène Salle Fitness	11h00-11h45 PILATES Max Salle Fitness	11h30-12h30 STRETCHING Earvin Salle Fitness	11h00-11h30 STRETCHING Benjamin 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 Marlène Salle Fitness	11h45 - 12h30 STICK MOBILITY (réservation) Max Salle TRX	12h30 - 13h15 BODY SCULPT Marie Salle Fitness	11h30-12h15 GYM STICK Angela Salle Fitness	10h30 - 11h30 TRX (réservation) Ksenia Salle TRX	11h-12h CROSS TRAINING Marine Salle Fitness
12h45 - 13h45 YOGA HATA FLOW Regine Salle Fitness	12h30 - 13h30 BODY SCULPT Marie Salle Fitness	12h30 - 13h30 TRX YOGA (réservation) Sylvie Salle TRX	13h15-13h45 ABDOS FESSIERS Marie Salle Fitness	12h15- 13h PILATES Angela Salle Fitness	11h30 - 13h YOGA HATHA Sophie Etage Manoir	11h30 - 12h30 TRX (réservation) Axel Salle TRX
	13h30 - 14h15 STRETCHING Marie Salle Fitness		13h45 - 14h15 STRETCHING Marie Salle Fitness	13h-13h30 ABDOS FESSIERS Angela Salle Fitness	11h30 - 12h15 STRETCHING Momo Salle Fitness	11h30 - 13h YOGA HATHA Sophie Etage Manoir
	14h15 - 15h45 YOGA HATHA Sophie Salle TRX	15h-16h BARRE AU SOL Ksenia Salle Fitness			12h15-13h15 C.A.F Momo Salle Fitness	11h30-12h30 STRETCHING Jeremie Salle Fitness
		16h - 17h ZUMBA Ricco Salle Fitness			13h30-14h30 PILATES Jeremie Salle Fitness	12h30-13h30 BODY BARRE Axel Salle Fitness
					14h30 - 15h30 TRX (réservation) Axel Salle TRX	13h30-14h30 TRX (réservation) 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	15h30-16h ABDOS FLASH Axel Salle TRX	14h30-15h ABDOS FLASH Yanis Salle TRX
19h30-20h15 Abdos Fessiers Axel Salle Fitness	19h30-20h15 MOOVE DANCE Ksenia Salle Fitness	19h30- 20h15 ASSOULISSEMENT Momo Salle fitness	18h30-20h YOGA ASHTANGA Lionel Salle TRX		16h-17h CROSS TRAINING Yannick Cross Training	15h00-16h ZUMBA Ricco Salle Fitness
			19h30-20h15 PILATES Brigitte Salle Fitness			15h30- 16h30 CROSS TRAINING Candys Cross Training

## SMALL GROUP TRAINING ( PAYANT , réservation obligatoire )

11h 12h STICK MOBILITY Max Salle TRX						
11h30-12h30 MAGIC PILATES Fred Salle de danse	11h30-12h30 PILATES Fred Salle de danse		11h30-12h30 PILATES Fred Salle de danse			
		14h 15h DYNAMIK SLIDE Fred Salle Fitness				16h00-17h30 YOGA ASHTANGA Lionel Salle TRX

## ESPACE AQUATIQUE

					9h15-10h PERFECTIONNEMENT NATATION	
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		

	Bien-être		Renforcement musculaire		Dansés
	Posturaux		Cours aquatiques		Cours cardio