



# PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
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Semaine du 20 au 26 Avril

	8h-09h30 YOGA ASHTANGA Lionel Salle TRX					
10h-11h GYM STICK Ksenia Salle Fitness	10h-11h POSTURAL SCULPT Yanis Salle Fitness	10h-11h C.AF Max Salle Fitness	10h-11h TRX (réservation) Candys Salle TRX	10h-10h45 C.AF Benjamin Salle Fitness		10h30 - 11h30 CARDIO TRAINING Axel Salle Fitness
11h00-11h45 STRETCHING Ksenia Salle Fitness	11h-11h45 C.AF Yanis Salle Fitness	11h-11h45 PILATES Max Salle Fitness	11h-11h45 STRETCHING Candys Salle Fitness	10h45-11h30 STRETCHING Benjamin Salle Fitness	10h30 - 11h30 CARDIO TRAINING Momo Salle Fitness	11h-12h CROSS TRAINING Marine Cross Training
12h00- 12h45 PILATES Regine Salle Fitness	11h45- 12h30 STRETCHING Yanis Salle Fitness	11h45 - 12h30 STICKMOBILITY Max Salle Fitness	11h45 - 12h30 C.AF Candys Salle TRX	11h30-12h15 GYM STICK Angela Salle Fitness	10h30 - 11h30 TRX (réservation) Ksenia Salle TRX	11h - 12h30 YOGA HATHA Sophie Etage Manoir
12h45 - 13h45 YOGA HATA FLOW Regine Salle Fitness	12h30 - 13h30 BODY SCULPT Marie Salle Fitness	12h40 - 13h40 TRX YOGA (réservation) Sylvie Salle TRX	12h30 - 13h15 BODY SCULPT Marie Salle Fitness	12h15- 13h PILATES Angela Salle Fitness	11h - 12h30 YOGA HATHA Sophie Etage Manoir	11h30 - 12h30 TRX (réservation) Axel Salle TRX
	13h30 - 14h15 STRETCHING Marie Salle Fitness		13h15-13h45 ABDOS FESSIERS Marie Salle Fitness	13h-13h30 ABDOS FESSIERS Angela Salle Fitness	11h30 - 12h15 STRETCHING Momo Salle Fitness	11h30-12h30 STRETCHING Jeremie Salle Fitness
		15h-16h BARRE AU SOL Ksenia Salle Fitness	13h45 - 14h15 STRETCHING Marie Salle Fitness		12h15-13h15 C.AF Momo Salle Fitness	12h30-13h30 BODY BARRE Axel Salle Fitness
					13h30-14h30 PILATES Jeremie Salle Fitness	14h-14h45 TRX (réservation) Yanis Salle TRX
					14h30 - 15h30 TRX (réservation) Axel Salle TRX	14h45-15h15 ABDOS FLASH Yanis Salle Fitness
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	
19h30-20h15 TRX (réservation) Axel Salle Fitness	19h30-20h15 MOVIE DANCE Ksenia Salle Fitness	19h30- 20h15 BODY BARRE 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 )

10h45-11h45 STICK MOBILITY Max Salle TRX						
11h30-12h30 MAGIC PILATES Fred Manoir	11h30-12h30 PILATES Fred Manoir		11h30-12h30 PILATES Fred Manoir			
		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



# PLANNING STUDIO CLUB



Semaine du 20 au 26 avril

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30-10h25 Dynamic Power Full Body Axel			9h05-10h Pilates Reformer Intermediaire Axel			
		10h30-11h25 Pilates Reformer Intermediaire Marine		10h40-11h35 Pilates Reformer Intermediaire Max		10h20-11h15 Dynamic Power Full Body Axel
12h05-13h Pilates Refomer Initiation Max	12h-12h55 Pilates Refomer Initiation Jeremie		12h-12h55 Dynamic Power Lower Body Marine		11h45 12h40 Pilates Refomer Intermediaire Ksenia	
13h05-14h Pilates Reformer Intermediaire Max	13h05-14h Dynamic Power Lower Body Jeremie			13h10-14h05 Dynamic Power Full Body Ksenia		12h45 13h40 Dynamic Power Lower Body Axel
		14h-14h55 Pilates Refomer Initiation Sylvie				
		15h30-16h25 Dynamic Power Lower Body Marine			15h40-16h35 Dynamic Power Lower Body Axel	15h 15h55 Pilates Refomer Initiation Jeremie
16h-16h55 Dynamic Power Full Body Marine		16h30-17h25 Dynamic Power Full Body Marine				
18h20- 19h15 Pilates Reformer intermediaire Fleur						
	19h-19h55 Dynamic Power Full Body Jeremie	19h-19h55 Pilates Refomer Initiation Fleur				

Le port de chaussettes antidérapantes est fortement recommandé