



PLANNING FITNESS / AQUA



| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|--|---|--|--|--|--|
| Semaine du 30 mars au 5 avril | | | | | | |
| | 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 Yanis Salle Fitness | 10h30-11h30 TRX Earvin Salle TRX | 10h15-11h C.A.F Benjamin Salle Fitness | 10h00 - 11h30 SOPHRO & YOGA Fleur Etage Manoir | 10h00 - 11h30 YOGA HATHA Sophie Etage Manoir |
| 11h00-11h45 STRETCHING Ksenia Salle Fitness | 11h15-11h45 ABDOS FESSIERS Marlène Salle Fitness | 11h-12h STRETCHING Yanis 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 Candys Salle Fitness |
| 12h00 - 12h45 PILATES Regine Salle Fitness | 11h45 - 12h30 STRETCHING Marlène Salle Fitness | | 12h30 - 13h15 BODY SCULPT Marie Salle Fitness | 11h30-12h15 GYM STICK Angela Salle Fitness | 10h30 - 11h30 TRX (réservation) Candys Salle TRX | 11h-12h CROSS TRAINING Yannick Salle Fitness |
| 12h45 - 13h45 YOGA HATA FLOW Regine Salle Fitness | 12h30 - 13h30 BODY SCULPT Marie Salle Fitness | 12h40 - 13h40 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 |
| | | | | | 14h - 15h TRX (réservation) Axel Salle TRX | 14h-14h45 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 | 15h-15h30 ABDOS FLASH Axel Salle TRX | 14h45-15h15 ABDOS FLASH Yanis Salle Fitness |
| 19h30-20h15 Abdos Fessiers Axel Salle Fitness | 19h30-20h15 MOOVE DANCE Ksenia Salle Fitness | 19h30- 20h15 BODY BARRE Momo Salle fitness | 18h30-20h YOGA ASHTANGA Lionel Salle TRX | | 16h-17h CROSS TRAINING Yannick Cross Training | 15h15-16h15 ZUMBA Ricco Salle Fitness |
| | | | 19h30-20h15 PILATES Brigitte Salle Fitness | | | 15h30- 16h30 CROSS TRAINING Candys Cross Training |
| SMALL GROUP TRAINING (PAYANT , réservation obligatoire) | | | | | | |
| 10h45-11h45 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 | 11h45-12h45 BARRE AU SOL Ksenia 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 |



PLANNING STUDIO CLUB



Semaine du 30 mars au 5 avril

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|--|---|--|--|--|--|---|
| 09h30-10h25 Dynamic Power Full Body Axel | | | 9h05-10h Pilates Refomer Intermediaire Axel | | | |
| | | 10h30-11h25 Pilates Refomer Intermediaire Morgane | | 10h40-11h35 Pilates Refomer Intermediaire Max | | 10h20-11h15 Dynamic Power Full Body Axel |
| 12h05-13h Pilates Refomer Initiation Max | 12h-12h55 Pilates Refomer Initiation Jeremie | 11h30-12h25 Pilates Refomer Initiation Morgane | 12h-12h55 Dynamic Power Lower Body Marine | | 11h45-12h40 Pilates Refomer Intermediaire Jeremie | |
| 13h05-14h Pilates Refomer Intermediaire Max | 13h05-14h Dynamic Power Lower Body Jeremie | | 13h05-14h Dynamic Power Full Body Max | 13h10-14h05 Dynamic Power Full Body Ksenia | 12h50-13h45 Pilates Refomer Initiation Fleur | 12h45-13h40 Dynamic Power Lower Body Jeremie |
| | | 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 | 16h-16h55 Dynamic Power Lower Body Marine | 16h30-17h25 Dynamic Power Full Body Marine | | | | |
| | | | | | | |
| 18h20-19h15 Pilates Refomer intermediaire Fleur | 19h-19h55 Dynamic Power Full Body Jeremie | 19h-19h55 Pilates Refomer Initiation Fleur | | | | |

Le port de chaussettes antidérapantes est fortement recommandé



PLANNING FITNESS / AQUA



| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|--|---|--|--|--|--|
| Semaine du 6 au 12 avril | | | | | | |
| | 8h-09h30 YOGA ASHTANGA Lionel Salle TRX | | | | | |
| | 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 | | |
| 10h-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 SOPHRO & YOGA Fleur Etage Manoir | 10h00 - 11h30 YOGA HATHA Sophie Etage Manoir |
| 11h00-11h45 STRETCHING Ksenia Salle Fitness | 11h15-11h45 ABDOS FESSIERS Marlène Salle Fitness | 11h-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 Candys Salle Fitness |
| 12h00- 12h45 PILATES Regine Salle Fitness | 11h45- 12h30 STRETCHING Marlène Salle Fitness | 11h45-12h30 STICK MOBILITY Max Salle Fitness | 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 | 12h40 - 13h40 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) Candys 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 Candys Salle Fitness |
| | | | | | 14h - 15h TRX (réservation) Axel Salle TRX | 14h-14h45 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 | 15h-15h30 ABDOS FLASH Axel Salle TRX | 14h45-15h15 ABDOS FLASH Yanis Salle Fitness |
| 19h30-20h15 Abdos Fessiers Axel Salle Fitness | 19h30-20h15 MOOVE DANCE Ksenia Salle Fitness | 19h30- 20h15 BODY BARRE Momo Salle fitness | 18h30-20h YOGA ASHTANGA Lionel Salle TRX | | 16h-17h CROSS TRAINING Yannick Cross Training | 15h15-16h15 ZUMBA Ricco Salle Fitness |
| | | | 19h30-20h15 PILATES Brigitte Salle Fitness | | | 15h30- 16h30 CROSS TRAINING Candys Cross Training |
| SMALL GROUP TRAINING (PAYANT , réservation obligatoire) | | | | | | |
| | | | | | | |
| 11h30-12h30 MAGIC PILATES Fred Salle de danse | 11h30-12h30 PILATES Fred Salle de danse | | 11h30-12h30 PILATES Fred Salle de danse | 11h45-12h45 BARRE AU SOL Ksenia 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 | | |
| | 11h15-12h00 AQUA-FITNESS | | 11h15-12h00 AQUA-FITNESS | 11h15-12h00 AQUA-FITNESS | | |

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|--|-----------|--|-------------------------|--|--------------|
| | Bien-être | | Renforcement musculaire | | Dansés |
| | Posturaux | | Cours aquatiques | | Cours cardio |



PLANNING STUDIO CLUB



Semaine du 6 mars au 12 avril

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|--|---|---|---|---|---|--|
| | | | 9h05-10h Pilates Reformer Intermediaire Axel | | | |
| 10h-10h55 Dynamic Power Full Body Axel | | 10h30-11h25 Pilates Reformer Intermediaire Morgane | | 10h40-11h35 Pilates Reformer Intermediaire Max | | 10h20-11h15 Dynamic Power Full Body Max |
| 12h05-13h Pilates Refomer Initiation Max | 12h-12h55 Pilates Refomer Initiation Jeremie | 11h30-12h25 Pilates Refomer Initiation Morgane | 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 | | 13h05-14h Dynamic Power Full Body Max | 13h10-14h05 Dynamic Power Full Body Ksenia | 12h50-13h45 Pilates Refomer Initiation Fleur | 12h45 13h40 Dynamic Power Lower Body Max |
| | | 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 | 16h-16h55 Dynamic Power Lower Body Marine | 16h30-17h25 Dynamic Power Full Body Marine | | | | |
| 18h- 18h55 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