



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		

	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