



# PLANNING FITNESS / AQUA



| LUNDI   | MARDI  | MERCREDI   | JEUDI  | VENDREDI   | SAMEDI   | DIMANCHE  |
|---|--|--|--|--|--|---|
| <b>Du 25 au 31 mai</b>  |  |  |  |  |  |   |
|   | 8h-09h30<br><b>YOGA ASHTANGA</b><br>Lionel<br>Salle TRX          |  |  |  |  |   |
| 09h30-10h15<br><b>POSTURAL SCULPT</b><br>Ksenia<br>Salle Fitness      | 09h30-10h15<br><b>BODY SCULPT</b><br>Marlène<br>Salle Fitness    | 09h30-10h15<br><b>TRX (réservation)</b><br>Max<br>Salle TRX              | 09h30-10h30<br><b>CARDIO TRAINING</b><br>Earvin<br>Salle Fitness | 09h30-10h15<br><b>TRX (réservation)</b><br>Benjamin<br>Salle TRX |  |   |
| 10h15-11h<br><b>GYM STICK</b><br>Ksenia<br>Salle Fitness              | 10h15-11h15<br><b>PILATES FLOW</b><br>Marlène<br>Salle Fitness   | 10h15-11h<br><b>C.A.F</b><br>Max<br>Salle Fitness                        | 10h30-11h30<br><b>TRX (réservation)</b><br>Yannick<br>Salle TRX  | 10h15-11h<br><b>C.A.F</b><br>Benjamin<br>Salle Fitness           | 10h00 - 11h30<br><b>YOGA HATHA</b><br>Brigitte<br>Etage Manoir   | 10h00 - 11h30<br><b>YOGA HATHA</b><br>Sophie<br>Etage Manoir                  |
| 11h00-11h45<br><b>STRETCHING</b><br>Ksenia<br>Salle Fitness           | 11h15-11h45<br><b>ABDOS FESSIERS</b><br>Marlène<br>Salle Fitness | 11h00-11h45<br><b>PILATES</b><br>Max<br>Salle Fitness                    | 11h30-12h30<br><b>STRETCHING</b><br>Earvin<br>Salle Fitness      | 11h00-11h30<br><b>STRETCHING</b><br>Benjamin<br>Salle Fitness    | 10h30 - 11h30<br><b>CARDIO TRAINING</b><br>Momo<br>Salle Fitness | 10h30 - 11h30<br><b>CARDIO TRAINING</b><br>Yannick<br>Candys<br>Salle Fitness |
| 12h00- 12h45<br><b>C.A.F</b><br>Yanis<br>Salle Fitness                | 11h45- 12h30<br><b>STRETCHING</b><br>Marlène<br>Salle Fitness    | 11h45 - 12h30<br><b>STICK MOBILITY (réservation)</b><br>Max<br>Salle TRX | 12h30 - 13h15<br><b>BODY SCULPT</b><br>Yannick<br>Salle Fitness  | 11h30-12h15<br><b>BODY SCULPT</b><br>Angela<br>Salle Fitness     | 10h30 - 11h30<br><b>TRX (réservation)</b><br>Ksenia<br>Salle TRX | 11h-12h<br><b>CROSS TRAINING</b><br>Yannick<br>Salle Fitness                  |
| 12h45 - 13h45<br><b>STRETCHING POSTURAL</b><br>Yanis<br>Salle Fitness | 12h30 - 13h30<br><b>BODY SCULPT</b><br>Marine<br>Salle Fitness   | 12h40 - 13h40<br><b>TRX YOGA (réservation)</b><br>Sylvie<br>Salle TRX    | 13h15-13h45<br><b>ABDOS FESSIERS</b><br>Yannick<br>Salle Fitness | 12h15- 13h<br><b>STRETCHING</b><br>Angela<br>Salle Fitness       | 11h30 - 13h<br><b>YOGA HATHA</b><br>Sophie<br>Etage Manoir       | 11h30 - 12h30<br><b>TRX (réservation)</b><br>Axel<br>Salle TRX                |
|   | 13h30 - 14h15<br><b>STRETCHING</b><br>Marine<br>Salle Fitness    |  | 13h45 - 14h15<br><b>STRETCHING</b><br>Yannick<br>Salle Fitness   | 13h-13h30<br><b>ABDOS FESSIERS</b><br>Angela<br>Salle Fitness    | 11h30 - 12h15<br><b>STRETCHING</b><br>Momo<br>Salle Fitness      | 11h30 - 13h<br><b>YOGA HATHA</b><br>Sophie<br>Etage Manoir                    |
|   | 14h15 - 15h45<br><b>YOGA HATHA</b><br>Sophie<br>Salle TRX        | 15h-16h<br><b>BARRE AU SOL</b><br>Ksenia<br>Salle Fitness                |  |  | 12h15-13h15<br><b>C.A.F</b><br>Momo<br>Salle Fitness             | 11h30-12h30<br><b>STRETCHING</b><br>Jeremie<br>Salle Fitness                  |
|   |  | 16h - 17h<br><b>ZUMBA</b><br>Ricco<br>Salle Fitness                      |  |  | 13h30-14h30<br><b>PILATES</b><br>Jeremie<br>Salle Fitness        | 12h30-13h30<br><b>BODY BARRE</b><br>Axel<br>Salle Fitness                     |
|   |  |  |  |  | 14h - 15h<br><b>TRX (réservation)</b><br>Axel<br>Salle TRX       | 14h-14h45<br><b>TRX (réservation)</b><br>Yanis<br>Salle TRX                   |
| 18h30- 19h30<br><b>BODY BARRE</b><br>Axel<br>Salle fitness            | 18h30-19h30<br><b>PILATES</b><br>Ksenia<br>Salle Fitness         | 18h30-19h30<br><b>STEP &amp; SCULPT</b><br>Momo<br>Salle Fitness         | 18h30-19h30<br><b>BODY SCULPT</b><br>Brigitte<br>Salle fitness   | 18h30- 19h30<br><b>CARDIO TRAINING</b><br>Yanis<br>Salle Fitness | 15h-15h30<br><b>ABDOS FLASH</b><br>Axel<br>Salle TRX             | 14h45-15h15<br><b>ABDOS FLASH</b><br>Yanis<br>Salle Fitness                   |
| 19h30-20h15<br><b>TRX (réservation)</b><br>Axel<br>Salle Fitness      | 19h30-20h15<br><b>MOOVE DANCE</b><br>Ksenia<br>Salle Fitness     | 19h30- 20h15<br><b>Body barre</b><br>Momo<br>Salle fitness               | 18h30-20h<br><b>YOGA ASHTANGA</b><br>Lionel<br>Salle TRX         |  | 16h-17h<br><b>CROSS TRAINING</b><br>Yannick<br>Cross Training    | 15h15-16h15<br><b>ZUMBA</b><br>Ricco<br>Salle Fitness                         |
|   |  |  | 19h30-20h15<br><b>PILATES</b><br>Brigitte<br>Salle Fitness       |  |  | 15h30- 16h30<br><b>CROSS TRAINING</b><br>Candys<br>Cross Training             |
| <b>SMALL GROUP TRAINING ( PAYANT , réservation obligatoire )</b>      |  |  |  |  |  |   |
|   |  |  |  |  |  |   |
| 11h30-12h30<br><b>MAGIC PILATES</b><br>Fred<br>Salle de danse         | 11h30-12h30<br><b>PILATES</b><br>Fred<br>Salle de danse          |  | 11h30-12h30<br><b>PILATES</b><br>Fred<br>Salle de danse          | 11h45-12h45<br><b>BARRE AU SOL</b><br>Ksenia<br>Salle de danse   |  |   |
|   |  | 14h 15h<br><b>DYNAMIK SLIDE</b><br>Fred<br>Salle Fitness                 |  |  |  |   |
| <b>ESPACE AQUATIQUE</b>   |  |  |  |  |  |   |
|   |  |  |  |  | 9h15-10h<br><b>PERFECTIONNEMENT NATATION</b>                     |   |
|   | 10h15-11h00<br><b>AQUA-FITNESS</b>                               | 10h15-11h00<br><b>AQUA-FITNESS</b>                                       | 10h15-11h00<br><b>AQUA-FITNESS</b>                               | 10h15-11h00<br><b>AQUA-FITNESS</b>                               |  |   |
|   | 11h15-12h00<br><b>AQUA-FITNESS</b>                               |  | 11h15-12h00<br><b>AQUA-FITNESS</b>                               | 11h15-12h00<br><b>AQUA-FITNESS</b>                               |  |   |
|   |  |  |  |  |  |   |
|   | Bien-être  |  |  | Renforcement musculaire  |  | Dansés  |
|   | Posturaux  |  |  | Cours aquatiques   |  | Cours cardio  |