



# PLANNING FITNESS / AQUA



| LUNDI  | MARDI  | MERCREDI   | JEUDI  | VENREDI   | SAMEDI   | DIMANCHE   |
|--|--|--|--|---|--|--|
| <b>Du 4 au 10 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 (reservation)</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>Earvin<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>Candys<br>Salle Fitness |
| 12h00 - 12h45<br><b>PILATES</b><br>Regine<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>Marie<br>Salle Fitness    | 11h30-12h15<br><b>BODY SCULPT</b><br>Yannick<br>Salle Fitness     | 10h30 - 11h30<br><b>TRX (réservation)</b><br>Ksenia<br>Salle TRX | 11h - 12h<br><b>CROSS TRAINING</b><br>Marine<br>Salle Fitness      |
| 12h45 - 13h45<br><b>YOGA DU DOS</b><br>Regine<br>Salle Fitness   | 12h30 - 13h30<br><b>BODY SCULPT</b><br>Marie<br>Salle Fitness    | 12h40 - 13h40<br><b>TRX YOGA (réservation)</b><br>Sylvie<br>Salle TRX    | 13h15-13h45<br><b>ABDOS FESSIERS</b><br>Marie<br>Salle Fitness   | 12h15 - 13h<br><b>STRETCHING</b><br>Yannick<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>Marie<br>Salle Fitness     |  | 13h45 - 14h15<br><b>STRETCHING</b><br>Marie<br>Salle Fitness     | 13h - 13h30<br><b>ABDOS FESSIERS</b><br>Yannick<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> |  |  |  |   |  |  |
| 10h45-11h45<br><b>STICK MOBILITY</b><br>Max<br>Salle TRX         |  |  |  |   |  |  |
| 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                 |  |   |  |  |
|  |  |  |  |   |  | 16h00 - 17h30<br><b>YOGA ASHTANGA</b><br>Lionel<br>Salle TRX       |
| <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>                               | 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   |



# PLANNING STUDIO CLUB



Du 4 au 10 mai

| LUNDI   | MARDI   | MERCREDI   | JEUDI  | VENDREDI   | SAMEDI   | DIMANCHE  |
|---|---|--|--|--|--|---|
| 09h30-10h25<br>Dynamic Power Full Body<br>Axel            |   |  | 9h05-10h<br>Pilates Refomer<br>Intermediaire<br>Axel |  |  |   |
|   |   | 10h30-11h25<br>Pilates Refomer<br>Intermediaire<br>Morgane |  | 10h40-11h35<br>Pilates Refomer<br>Intermediaire<br>Max |  | 10h20-11h15<br>Dynamic Power Full Body<br>Axel        |
| 12h05-13h<br>Pilates Refomer Initiation<br>Axel           | 12h-12h55<br>Pilates Refomer Initiation<br>Jeremie  | 11h30-12h25<br>Pilates Refomer Initiation<br>Morgane       | 12h-12h55<br>Dynamic Power Lower<br>Body<br>Marine   |  | 11h45 12h40<br>Pilates Refomer Initiation<br>Ksenia        |   |
| 13h05-14h<br>Pilates Refomer<br>Intermediaire<br>Axel     | 13h05-14h<br>Dynamic Power Lower<br>Body<br>Jeremie |  | 13h05-14h<br>Dynamic Power Full Body<br>Max          | 13h05-14h<br>Dynamic Power Full Body<br>Ksenia         | 12h55-13h50<br>Pilates Refomer<br>Intermediaire<br>Jeremie | 12h45 13h40<br>Dynamic Power Lower<br>Body<br>Jeremie |
|   |   | 14h-14h55<br>Pilates Refomer Initiation<br>Sylvie          |  |  |  |   |
|   |   | 15h30-16h25<br>Dynamic Power Lower<br>Body<br>Marine       |  |  | 15h40-16h35<br>Dynamic Power Lower<br>Body<br>Axel         | 15h 15h55<br>Pilates Refomer Initiation<br>Jeremie    |
| 16h-16h55<br>Dynamic Power Full Body<br>Marine            | 16h-16h55<br>Dynamic Power Lower<br>Body<br>Marine  | 16h30-17h25<br>Dynamic Power Full Body<br>Marine           |  |  |  |   |
|   |   |  |  |  |  |   |
| 18h20- 19h15<br>Pilates Refomer<br>intermediaire<br>Fleur | 19h-19h55<br>Dynamic Power Full Body<br>Jeremie     | 19h-19h55<br>Pilates Refomer Initiation<br>Fleur           |  |  |  |   |

Le port de chaussettes antidérapantes est fortement recommandé