



PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Du 18 au 24 mai						
	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 (réservation) Benjamin Salle TRX		
10h15-11h GYM STICK Ksenia Salle Fitness	10h15-11h15 PILATES FLOW Marlène Salle Fitness	10h15-11h C.A.F Max Salle Fitness	10h30-11h30 TRX (réservation) Earvin Salle TRX	10h15-11h C.A.F Benjamin Salle Fitness	10h00 - 11h30 YOGA HATHA Brigitte Etage Manoir	10h00 - 11h30 YOGA HATHA Sophie Etage Manoir
11h00-11h45 STRETCHING Ksenia Salle Fitness	11h15-11h45 ABDOS FESSIERS Marlène Salle Fitness	11h00-11h45 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 (réservation) Max Salle TRX	12h30 - 13h15 BODY SCULPT Yannick Salle Fitness	11h30-12h15 BODY SCULPT Angela Salle Fitness	10h30 - 11h30 TRX (réservation) Ksenia Salle TRX	11h-12h CROSS TRAINING Marine Salle Fitness
12h45 - 13h45 YOGA DU DOS Regine Salle Fitness	12h30 - 13h30 BODY SCULPT Marine Salle Fitness	12h40 - 13h40 TRX YOGA (réservation) Sylvie Salle TRX	13h15-13h45 ABDOS FESSIERS Yannick Salle Fitness	12h15-13h STRETCHING Angela Salle Fitness	11h30 - 13h YOGA HATHA Sophie Etage Manoir	11h30 - 12h30 TRX (réservation) Axel Salle TRX
	13h30 - 14h15 STRETCHING Marine Salle Fitness		13h45 - 14h15 STRETCHING Yannick 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 TRX (réservation) 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			
11h15-12h00 AQUA-FITNESS	11h15-12h00 AQUA-FITNESS		11h15-12h00 AQUA-FITNESS			
	Bien-être			Renforcement musculaire		Dansés
	Posturaux			Cours aquatiques		Cours cardio



PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Du 25 au 31 mai						
	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 (réservation) Benjamin Salle TRX		
10h15-11h GYM STICK Ksenia Salle Fitness	10h15-11h15 PILATES FLOW Marlène Salle Fitness	10h15-11h C.A.F Max Salle Fitness	10h30-11h30 TRX (réservation) Yannick Salle TRX	10h15-11h C.A.F Benjamin Salle Fitness	10h00 - 11h30 YOGA HATHA Brigitte Etage Manoir	10h00 - 11h30 YOGA HATHA Sophie Etage Manoir
11h00-11h45 STRETCHING Ksenia Salle Fitness	11h15-11h45 ABDOS FESSIERS Marlène Salle Fitness	11h00-11h45 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 Yannick Salle Fitness
12h00- 12h45 C.A.F Yanis Salle Fitness	11h45- 12h30 STRETCHING Marlène Salle Fitness	11h45 - 12h30 STICK MOBILITY (réservation) Max Salle TRX	12h30 - 13h15 BODY SCULPT Yannick Salle Fitness	11h30-12h15 BODY SCULPT Angela Salle Fitness	10h30 - 11h30 TRX (réservation) Ksenia Salle TRX	11h-12h CROSS TRAINING Yannick Salle Fitness
12h45 - 13h45 STRETCHING POSTURAL Yanis Salle Fitness	12h30 - 13h30 BODY SCULPT Marine Salle Fitness	12h40 - 13h40 TRX YOGA (réservation) Sylvie Salle TRX	13h15-13h45 ABDOS FESSIERS Yannick Salle Fitness	12h15- 13h STRETCHING Angela Salle Fitness	11h30 - 13h YOGA HATHA Sophie Etage Manoir	11h30 - 12h30 TRX (réservation) Axel Salle TRX
	13h30 - 14h15 STRETCHING Marine Salle Fitness		13h45 - 14h15 STRETCHING Yannick 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 TRX (réservation) 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				
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